بسم الله الرحمن الرحيم

Tibb-e-Nabawi ﷺ

Part-3

Please understand properly that the diseases & the treatments are sent down by Allah ﷻ alone. & the medicines acts by Allah ﷻ's will only.
We should do treatment with permissible medicines &method; we will get *SAWAAB* for treating ourselves & if we don't do so Allah ﷻ can questions for not seeking the treatment.

Diseases & treatment according to Nabi ﷺ's teachings.

Dear respected Muslims! We should make the Sunnah of treatment alive as they very well deserve to be.
These Sunnah are forgotten & neglected ones, to which we need to bring awareness.
The reward of for this will be unimaginable.Sahabah ؓ learnt these Sunnah very well & did people coming after Sahabah & so on but in between we forgot theses Sunnah & today we & our generation is very far from them.
Please join the mission to make these Sunnah alive so that we all will be benefitted as Sahabah use to get.
Nabi ﷺ & Sahabah used these Sunnah of treatment & the patients use to get well immediately or sooner than what we do in today's era.

Please note one thing that whenever you recite anything, recite little loudly & than do dam on water & on the patient or affected side by showering little saliva on it & use this water for drinking & pour the same on the body or affected part of the body.

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Lesson no. 78 Fever (الحمّى): -

INTRODUCTION

Fever is not a disease but is a sign & symptom of diseases & it is a sign of immunity, it is a body language, it is an abnormally high body temperature, usually accompanied by shivering, headache & in severe instances, delirium. When the body suffers from an infection we get fever, also by it we come to know about the severity of diseases. Nabi ﷺ said do not curse fever.

Nabiﷺ's guidance about Fever: -

Treating fever with water: -

1. Narrated by A'isha رضی اللہ عنہا that Nabi ﷺ said: "Fever is from the heat of the (Hell) Fire, so cool it with water."
[Bukhari: 3263; Book. 59; English vol. 4; Book. 54; Hadees. 485]

2. Narrated from Abu Hurairah ؓ that Nabi ﷺ said: "Fever is one of the bellows of Hell, so avert it from you with cold water."
[Ibn Ma-jah: 3604; Book. 31; English vol. 4; Book. 31, Hadees. 3475]

3. Hazrat Anas ؓ says that Nabi ﷺ said: "If any of you suffer from fever, let him sprinkle cold water on himself for three consecutive nights before the day breaks. *[Majmauz Zawaaid: 834]*

Fever is breath of hell: -

4. Narrated by Rafe' Bin Khadij ؓ that Nabi ﷺ said: "Fever is from the agitation of fire, so cool it with water".
[Tirmizi: 2216; Book. 28; English vol. 4; Book. 2, Hadees. 2072]

5. Narrated by A'isha رضی اللہ عنہا that Nabi ﷺ said: "Fever is from the heat of hell, so cool it with water".
[Tirmizi: 2217; Book. 28; English vol. 4; Book. 2, Hadees. 2074]

Zamzam water for fever: -

6. Narrated by Abu Jamra ؓ that he used to sit with Ibn Abbas رضی اللہ عنہما in Makkah, once I had a fever & he said (to me): "Cool your fever with Zamzam water, Nabi ﷺ said: 'It, (the Fever) is from the heat of the (Hell) Fire; so, cool it with water (or Zamzam water).
[Bukhari: 3261; Book. 59; English vol. 4; Book. 54; Hadees. 483]

Don't curse Fever: -

7. Abu Hurairah ؓ said: Fever was mentioned in the presence Nabi ﷺ & a man cursed it. Nabi ﷺ said: "Do not curse it, for it removes the sins, just as fire removes the impurity of the iron".
[Ibn Ma-jah: 3598; Book. 31; English vol. 4; Book. 31, Hadees. 3469]

8. Narrated by Hazrat Jabir Bin Abdullah ؓ that Nabi ﷺ visited Umme Sa'ib or Umme Musayyib رضی اللہ عنہا &said Umme Sa'ib or Umme Musayyib why is it that you are shivering? She said:" It is fever & may it not be blessed by Allahﷻ, on this Nabi ﷺ said: "Don't curse fever for it expiates the sin of the children of Adam just as furnace removes the alloy of iron".
[Muslim: 2575; Book. 45; English vol. 4; Book. 32, Hadees. 6244]

Ruqyah for fever: -

9. Hazrat Anas ؓ narrated that the Nabi ﷺ permitted (to do) Ruqyah for fever, the evil eye (Nazar) & sores (Namlah) (Many scholars mention scorpion bite in place of fever).
[Tirmizi: 2195; Book. 28; English vol. 4; Book. 2, Hadees. 2056]

10. Narrated by Subaan ؓ that Nabi ﷺ said that "Indeed fever is a piece of fire, let extinguish it with water (by) standing in a flowing river facing the direction of it, & recite:

بِسْمِ اللهِ اَللّٰهُمَّ اشْفِ عَبْدَكَ وَصَدِّقْ رَسُوْلَكَ

In the name of Allahﷻ, O Allahﷻ! Cure your slave and testify to Your Messenger.

Before sunrise for 3 days, if no relief in 3 days than do it for 5 days, it no relief than 7 days if no relief than for 9 days & said indeed it will not remain after nine days by Allahﷻ's will.
[Tirmizi: 2228; Book. 28; English vol. 4; Book. 2, Hadees. 2084]
(Please note the above treatment is for hot (climate) places only).
11. Narrated by Ibn Abbas رضی اللہ عنہما that "For fever & all pains, Nabi ﷺ use to teach us to recite:

بِسْمِ اللهِ الْكَبِيرِ أَعُوْذُ بِاللهِ الْعَظِيْمِ مِنْ شَرِّ كُلِّ عِرْقٍ نَعَّارٍ وَمِنْ شَرِّ حَرِّ النَّارِ

In the name of Allah ﷻ the great, I seek refuge with Allah ﷻ he magnificent of the evil of every gushing vein, and from the evil of the heat of the Fire
[Tirmizi: 2219; Book. 28; English vol. 4; Book. 2, Hadees. 2075]
12. Narrated from Umair that he heard Junadah Bin Abu Umayyah ؓ say that Jibrail ؑ came to Nabi ﷺ when He ﷺ was suffering from fever & recited:

بِسْمِ اللهِ أَرْقِيْكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيْكَ مِنْ حَسَدِ حَاسِدٍ وَمِنْ كُلِّ عَيْنٍ اللهُ يَشْفِيْكَ

In the Name of Allahﷻ I perform Ruqyah for you, from everything that is harming you; from the envy of the envier & from every evil eye, may Allah ﷻ heal you)."*[Ibn Ma-jah: 3657; Book. 31; English vol. 4; Book. 31, Hadees. 3527]*

Reward to each organ: -

13. Abu Hurairah ؓ said: "No ailment that I might suffer from is dearer to me than fever, because it enters every organ of my body & Allah ﷻ gives each organ its due share of the reward.
[Al Adabul Mufrad: 501 & Healing with Medicine of Prophet ﷺ, by: Ibn Qayyim: 43]

Sins are removed during fever: -

14. Narrated by Abdullah ؓ that I visited Nabi ﷺ during His ailments & He ﷺ was suffering from a high fever. I said: "You have a high fever. Is it because you will have a double reward for it?" He ﷺ said: "Yes, for no Muslim is afflicted with any harm but that Allahﷻ will remove his sins as the leaves of a tree fall down."
[Bukhari: 5647; Book. 75; English vol. 7; Book. 70; Hadees. 550]
15. Abu Hurairah ؓ narrated that Nabi ﷺ visited a man who was ill & said: "Cheer up, for indeed Allah ﷻ says: It is My Fire which I impose upon My sinning slave as his portion of the Fire." Al-Hasan said: "They would hope that the fever that occurred at night would atone for any deficiency caused by sins."
[Tirmizi: 2232; Book. 28, English vol. 4; Book. 2, Hadees. 2088]
The details given below are according to Ulama & Islamic Scholars & not from Hadees.

Quranic verse for anger, obstinacy, fever & High grade Fever: -

قُلْنَا يٰنَارُ كُوْنِيْ بَرْدًا وَّسَلٰمًا عَلٰٓى اِبْرٰهِيْمَ ○

Allahﷻ said, "O fire, be coolness and safety upon Abraham."
Recite the above verse of ***Chapter No. 21 (Surah) Ambiya verse no. 69***again & again on the patient having high fever or to reduce anger & Stubbornness.*[Cures from the Quran a pocket Book by Muhammad Elahi page. 120]*

Science & Hadees regarding Fever: -

Nabi ﷺ taught us to cool the fever with water. The same is still applied today putting cold pads on a patient's forehead; it is still used in a lot of hospitals & by doctors even though fever reducing medicines are abundant, like paracetamole (acetaminophen) & others.
Using water to reduce fevers is not limited till using cold pads. Drinking a lot of fluids is also helpful. This is also understood from the wordings of Nabi ﷺ cool it (fever) with water." Water is either what the patient drinks, what is given intravenously or what the patient puts on his face or body to cool the fever.
We have seen a lot of patients where fever reducing medicines (anti-pyretic) were not effective with their rising fever. At the same time, cold water had an immediate effect. That's why pediatricians advise parents to take a child's clothes off & give a lot of fluids if fever occurs. An antipyretic medicine can also be give like paracetamole to the patient.

What is fever?

Fever occurs when the body temperature rises above normal (37 C). There is an area in the brain (an area that lies over the pituitary gland in the front of the head) which is a temperature regulator.
When germs enter the body, they start secreting toxins. Toxins affect the temperature regulator causing its temperature to rise. The substances that cause this rise in temperature are called pyrogens. Pyrogens are caused not only by germs but also by the ruined tissues in the body after being affected with germs.
When the temperature rises, the rest of the body has to comply. It increases its temperature in response. Soon, the whole body feels feverish & the patient's temperature rises. This explains the saying of the Nabi ﷺ when He ﷺ described the believers in their kindness & affections like the body. If a part of it suffers from a germ or a virus, like inflammation in the respiratory pathways or inflammation of the urinary tracts & others, all of the body suffers from fever & restlessness.

The whole body suffers. The whole body has a rise in temperature & not only where it is affected. When the inflammation worsens, the germs increases & consequently ruin the tissues. The germs & the pyrogens will find the body's defense system ready to attack & eat the by-products of the germs & get rid of them. While doing this, it releases a substance called leucocytes pyrogens or endogenous. Therefore the fever remains while the body is cleansing itself from the by-products.

Didn't Nabi ﷺ taught us, when a man cursed the fever: "Don't curse it because it abolishes sins like fire abolishes dirt from iron."

It is cleansing for our sins, also cleansing of dead substances such as dead tissue & the by-products of the germs, like fire cleans the dirt from iron.

The famous book of physiology by Guyton, 1992 edition, stated that an amount equal to one over 10 billionths gram of endogenous are enough for a fever to occur. Such a small amount of a substance secreted in the body due to a very small germ or a virus is enough to transfer a person form being healthy, to becoming sick, feverish & bed ridden.

Recent scientific studies have shown that these leucocytes pyrogens cause fever by making a substance called prostaglandin in the local glands in the area of the hypothalamus. When the growth of this kind of prostaglandin is inhibited, by using medicines, the fever is reduced. This explains how medicines reduce fever. It inhibits the growth of prostaglandin & prevents its making.

Prostaglandin are number of hormone-like substances that participate in a wide range of body functions such as the contraction & relaxation of smooth muscle, the dilation & constriction of blood vessels, control of blood pressure & modulation of inflammation. Prostaglandins are derived from a chemical called arachidonic acid.

How do chills occur & why?

The temperature level rises suddenly from its normal level to a higher level, due to damage in the tissues, due to the release of temperature generating substances or due to dehydration. When this happens, the body temperature rises within a few hours to attain the new temperature. During this period, the patient shivers & feels cold, even though the body temperature is high, because blood vessels in the skin contracts. The chills remain until the body temperature reaches the new level set by the temperature regulator.

When the body temperature reaches that level, the chills stop & the patient feels neither warm nor cold. As long as the infection continues & the reason for the rise in temperature continues, the body temperature remains at this new level until Allah ﷻ permits recovery.

Lesson no. 79 Cold & Cough (للخشامجيد): -

INTRODUCTION

The common cold is an infection of your upper respiratory tract or nose & throat. A common cold is usually harmless, although it may not feel that way at the time. It may be runny nose, sore throat & cough, watery eyes, sneezing & congestion.

Nabiﷺ's guidance about cold & cough: -

Miswaak removes phlegm &etc.: -

(Refer Lesson no. 57. Miswaak in part-2)

1. Hazrat Abdullah Bin Abbas رضی الله عنهما says that Rasoolullah ﷺ said that the ten benefits of Siwak (السواك) (Miswaak) are: -

- Brings good smell in mouth
- Makes eye sight stronger
- Reliefs inflammation
- Pleases Farishtaas (Angles)
- Is Neki (Sawaab)
- Makes gums stronger
- Removes phlegm
- It is Sunnah
- Pleases Allah ﷻ
- Cleans the bowel

[Kanz al-Ummal: 26185]

Marzanjosh is beneficial in cold & cough: -

2. Hazrat Anas ؓ says that Nabi ﷺ said: "For you Marzanjosh is present, this is very beneficial in cold & cough it can be smelled (its steam).

[Kanz al-Ummal: 17345& Abu Nu-aim: 286]

Raisins (dried Grapes) reduce phlegm: -

(Refer Lesson no.30 Grapes & dried Grapes in part-2).

3. Hazrat Tamim Al-Daari ؓ says once he gifted some raisins (الزبيب) (Munakka) to Nabi ﷺ, Nabi ﷺ took them in His (respected) Hands & said eat this, it is a healthy meal, removes tiredness, cools the anger, gives strength, makes food sweet smelling, reduces phlegm (البلغم), brightens the face.*[Abu Nu-aim: 371]*

4. Hazrat Ali ؓ says that Nabi ﷺ said that for your beneficial there are raisins (dried grapes) (الزبيب) (munnaka), these improves the complexion, reduces phlegm (البلغم), strengthens the organs, removes tiredness, improves mood, increases good smell in breath & removes sorrow (grief).*[Abu Nu-aim: 319]*

About cough during Salah (namaz): -

5. Narrated by Abdullah Bin Sa'ib ؓ that Nabi ﷺ recited Surah Al-Mu'minun in the Fajar prayer & when He ﷺ came to offer Eisha (prayer), He ﷺ was overcome with a cough, so He ﷺ bowed in Ruku.*[Ibn Ma-jah: 869; Book. 5; English vol. 1; Book. 5, Hadees. 820]*

About excessive sneezing due to cold: -

6. Narrated by Abu Hurairah ؓ that, Respond three times to your brother when he sneezes & if he sneezes more often, he has a cold in his head.*[Abu Dawud: 5034; Book. 43; English Book. 42; Hadees. 5016]*

(Respond the brother when he says الحمدلله after sneezing by saying يرحمكالله but if he sneezes very often & again & again then no need to say يرحمكالله).

7. Ilyas Bin Salma Bin Al-Akwa ؓ says that his father reported to him that he heard Nabi ﷺ saying: يَرْحَمُكَ اللَّهُ (May Allahﷻ have mercy upon you) when a person sneezed in His presence & he then sneezed for the second time, Nabi ﷺ said to him: He is suffering from cold (and no response is necessary).

[Muslim: 2993; Book. 55; English Book. 42; Hadees. 7128]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

Quranicverse for Cold & Flu: -

اَلْحَمْدُ لِلّٰهِ الَّذِيْٓ اَنْزَلَ عَلٰى عَبْدِهِ الْكِتٰبَ وَلَمْ يَجْعَلْ لَّهٗ عِوَجًاؕ ①

All praise to Allahﷻ Who sent down the Book upon His Bondman & has not put therein any crookedness.
Recite the above ***Chapter No. 18 (Surah) Kahf verse no. 1***for 11 times & blow on food before eating.
[Cures from the Quran a pocket Book by Muhammad Elahi page. 81]

Science & Hadees regarding cold & cough: -

Marjoram leaves	Dried marjoram

1. Uses of Marzanjosh (Marjoram) in Asthma &etc.: -

Early research shows that taking 2 drops of marjoram oil daily along with asthma medication for 3 months might improve lung function in people with asthma better than taking asthma medication alone. Its oil is also used for coughs, gall bladder complaints, stomach cramps & digestive disorders, depression, dizziness, migraine, nervous headaches, nerve pain, paralysis, coughs, running nose; & as a water pill.

Marjoram Tea made from its leaves or flowers is used for running nose & colds in infants & toddlers, also for dry & irritating coughs, swollen nose & throat & ear pain. Its tea is also used for various digestion problems including poor appetite, liver disease, gallstones, intestinal gas & stomach cramps. Some women use marjoram tea for relieving symptoms of menopause, treating mood swings related to menstrual periods, starting menstruation & promoting the flow of breast milk.

Otheruses includetreating diabetes, sleep problems, muscle spasms, headaches, sprains, bruises & back pain. It is also used as a *nerve tonic*& a *heart tonic*& to promote better blood circulation.

2. About Miswaak: -

In the August 2008 issue of the Journal of Period ontology, there appeared a study conducted by Swedish researchers on the Miswaak. The study apparently found that suspended Miswaak pieces in a petridish, the medium for culturing bacteria, were able to kill bacteria that cause periodontal disease without being in physical contact with the bacteria. Researchers, however, suggested that the Miswaak pieces may have been sprayed with antibiotic gases, in their attempt to explain the phenomenon.

Yet another study in 2003, comparing the use of the toothbrush & the use of the Miswaak can be reviewed currently online at the website for the U.S. National Library of Medicine & National Institutes of Health.

The study concluded that Miswaak was more effective than tooth brushing in reducing plaques & gingivitis provided it was used correctly. Similar studies found on the same website & elsewhere vouch for the effectiveness of Miswaak over toothbrush. It appeared to be more effective than tooth brushing for removing plaque from the embrasures, thus enhancing interproximal health, stated by researchers.

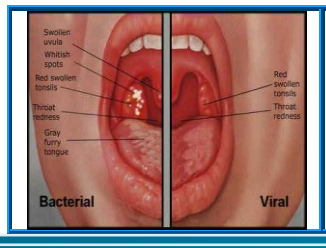
There have been plenty of published studies on the Miswaak & infact the entire books published on it.

With its strong anti-bacterial properties & perpendicular bristles, the Miswaak is a natural toothbrush, toothpaste & floss combined.

3. Uses of Raisins in cold & cough: -

Raisins are one of the most effective home remedies for the treatment of a cough. It tones up the lungs & act as an expectorant, it also relieves cold & cough in a couple of days. A cup of grape juice mixed with a teaspoon of honey is advised for cough relieving. Grind up 3 ounces of raisins, adding water to make a paste. Add 3 ounces of white sugar & heat the mixture until it forms a sauce. Allow to cool. Take half an ounce of the mixture every night at bedtime.

Lesson no. 80 Throat infection (Azrah) (العذرة) & Headache: -



INTRODUCTION

Throat infection is an infection of the oral pharynx & tonsils mostly by streptococcus resulting in septic sore throat, strep throat, streptococcal sore throat, tonsillitis pharyngitis, raw throat & inflammation of the fauces & pharynx.

In Hadees a type of throat infection is called as Azrah (العذرة) & in Nabi ﷺ's time people use to press their children throat as a part of treatment, but the child use to get serious many times & Nabi ﷺ prohibited to press throat of their children & advised to use the following: -

Note: *For headache there is a separate lesson.*

Nabi ﷺ's guidance about throat infection: -

Costus (Qust), a treatment for Azrah (throat infection): -

(Also refer Lesson no. 47 Costus (Qust) in part-2).

Dark Costus (Qustul Hindi)

White Costus (Qustul Bahri)

1. Hazrat Anas Bin Malik ؓ says that Rasoolullah ﷺ said: "To your children during Azrah (العذرة) (their throat infection), do not press their throat & do not give them Azaab (Pain) you have Costus (Qust) (القسط) (use it). *[Bukhari: 5696; Book. 76; English vol. 7; Book. 71; Hadees. 599]*

2. Hazrat Jabir Bin Abdullah ؓ says that Rasoolullah ﷺ said: "Oh! Ladies, it is a matter of sorrow for you, that you kill your children "If any children have Azrah (العذرة) (swelling in throat) or Headache (براسهاووجع), than take dark costus (Qust Al Hindi) Rub (هندیقسط) it in (some) water & (the paste) should be licked.

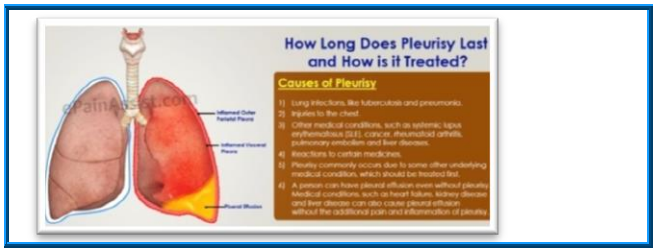
[Mustadrak Al Hakim: 7456]

Do not press any part of throat during infection: -

Memecylon (Warss)

Aloes Wood (Agar Wood)

3. Hazrat Jabir Bin Abdullah ؓ says that Rasoolullah ﷺ said: "Do not Burn the throat of your children, you have dark Costus (Qust Al Hindi) (هندیقسط) & Warss (Memecylon) make your children lick them.*[Mustadrak Al Hakim: 8239]*



4. Narrated by Umme Qais Bint Minsaan رضی اللہ عنہا that she took her son to Nabi ﷺ who was suffering from Azrah (throat infection) & she had press his throat part, Nabi ﷺ saw the child & said: "Why do you press your children & you should use Al-Ud hind (Aloes wood) for it, there are 7 cures, it should be inhaled for Azrah & taken by mouth for Zaatul Janb (pleurisy).

[Ibn Ma-jah: 3590; Book. 31; English vol. 4; Book. 31, Hadees. 3462]

5. Narrated by Hazrat Jabir Bin Abdullah ﷺ once Nabi ﷺ come to his home, & saw a child who was brought, which was having bleeding from mouth & nose. Nabi ﷺ asked about it? Hazrat A'isha رضی اللہ عنہا replied that the child is suffering from Azrah (العذرة) (in his throat), Nabi ﷺ said Alas! Ladies that you use to kill your children like this, In future, any children gets Azrah (العذرة) (infection in throat) or headache rub dark costus (Qust Al Hindi) & make the child lick. Hazrat A'isha رضی اللہ عنہا did as said, & the child became healthy.

[Musnad Abi-Yaa'la: 1912]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

Quranic verse for Sore Throat: -

فَلَوْلَآ إِذَا بَلَغَتِ ٱلْحُلْقُومَ ﴿٨٣﴾ وَأَنتُمْ حِينَئِذٍ تَنظُرُونَ ﴿٨٤﴾

Why then it was not when the soul reaches to the throat & you are at that time looking on.

Recite the above ***Chapter No. 56 (Surah) Waaqia verse no. 83 & 84***for 7 times on pinch of salt & swallow the salt.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 84]

Quranic verse for Coughing: -

سَلَٰمٌ قَوْلًا مِّن رَّبٍّ رَّحِيمٍ ﴿٥٨﴾ Peace will be on them, a word from the Merciful Lord.

Recite the above ***Chapter No. 36 (Surah) Yaaseen verse no. 58***for 41 times & blow in water & drink or make the patient drink that water.*[Cures from the Quran a pocket Book by Muhammad Elahi page no. 86]*

Science & Hadees regarding throat infection: -

Read lesson no. 47Qust (costus) in part-2.

Qust (costus) is an anti-bacterial herb with a very good effect & olive oil increases in medicinal actions & both enhances action of each other.

A research on Qust (costus) for pleurisy (Zaatul Janb) & other lungs disease: -

Anti-bacterial effect of Indian costus (Qust ul Hind) & sea-Qust & their water extracts on some pathogenic bacteria of the human respiratory system. AL-Kattan, Manal Othman Faculty of Science (Girls), Department of Microbiology, King Abdul Aziz University, Jeddah, Saudi Arabia (Accepted on 4 May, 2012).

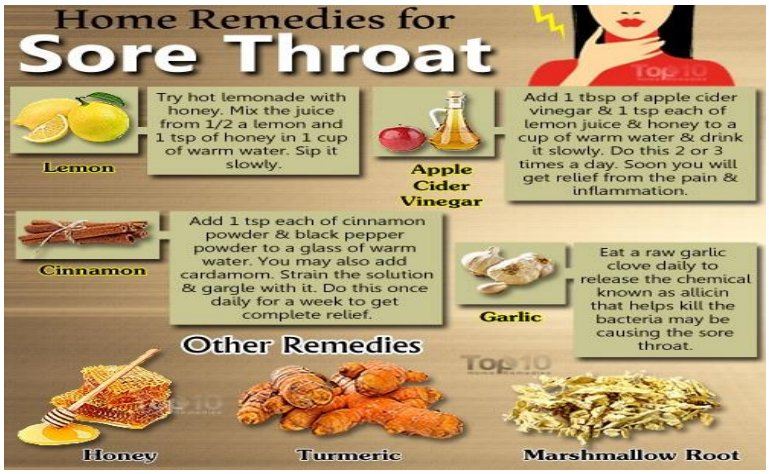
The pathogenic bacteria of the human respiratory system are characterized by resistance to most anti-biotics. Staphylococcus aureus & Klebsiella pneumonia are some of the pathogenic bacteria of the human respiratory system which often cause pneumonia, pleurisy & meningitis. Moreover, they are the most prominent strains of bacteria in most hospitals.

Bacterial resistance to anti-biotics occurs as a result of excessive usage of anti-biotics in the treatment of diseases. For that reason, it is necessary to seek for medical alternatives that are safer for the treatment of these bacteria. Alternative medicine, especially, has revealed many plants & herbs that are used in the treatment for some diseases including respiratory diseases.

The purpose of this study is to determine the effect of the Indian Costus & sea-Qust on the pathogenic bacteria; Escherichia-coli, Pseudomonas aeruginosa, Staphylococcus aureus & Klebsiella pneumonia. In addition, the effect of the water extracts of the Indian costus & sea-Qust on S. aureus & K. pneumonia was also determined.

Result of the research: -

The results showed anti-bacterial effect of two types of dried Costus roots on all tested bacteria, especially in high concentrations. Also, the cold or hot water extract of Indian Costus was highly effective against tested bacteria at 20 to 25% concentration, while the hot extract of sea-Qust was more effective against tested bacteria than its cold extract in all the concentrations used.



Lesson no. 81 Mouth (Oral cavity): -

INTRODUCTION

Medical definition of oral cavity is the cavity of the mouth; especially the part of the mouth behind the gums & teeth that is bounded above by the hard & soft palates & below by the tongue & by the mucous membrane connecting it with the inner part of the mandible.

Bacteria & viruses usually cause oral infections. They can affect the teeth, gums, palate, tongue, lips & inside of the cheeks. Simple oral infections are limited to the mouth & are different from oral lesions, which are non-infectious & may be a sign of an illness that involves other parts of the body. Oral infections are very common. Tooth decay is the second most common infectious condition after the common cold.

Nabiﷺ's guidance about oral: -

Miswaak best for oral cavity: - *(Also refer Lesson no. 57 in part-2)*

1. Abdur-Rahman Bin Abu Atiq ؓ says: "My father told me: 'I heard A'isha رضی اللہ عنہا saying, (narrating) from Nabi ﷺ: "Siwak is a means of purification for the mouth & is pleasing to the Lord."

(An-Nasa'i: 5; Book. 1; English vol. 1; Book. 1, Hadees. 5)

Importance of using miswaak regularly: -

2. Hazrat Abu Umamah ؓ reports that Nabi ﷺ said: Use the tooth stick, for the tooth stick purifies the mouth & is pleasing to the Lord. Jibrail never came to me but he advised me to use the tooth stick, until I feared that it would be made obligatory for me & my Ummah. Was it not that I fear that it would be too difficult for my Ummah, I would have enjoined it upon them. & I use the tooth stick until I fear that I may make the front of my mouth sore. (*i.e.* my gums) (Or cause my teeth to fall out due to brushing them so often)."*[Ibn Ma-jah: 304; Book. 1; English vol. 1; Book. 1, Hadees. 289]*

Miswaak an obligation: -

3. Hazrat Abu Saeed ؓ says that Nabi ﷺ said: It is Wajib (واجب) (obligation) to do Siwak (السواك) Miswaak & it is Wajib (واجب) to bath on every Friday to every Muslim & to apply Itar (الطِّيب) if available.*[Bukhari: 880; Book. 11; English vol. 2; Book. 13; Hadees. 5]*

4. Narrated by Abu Musa ؓ that "I came to Nabi ﷺ when He ﷺ was using the Siwak & the end of the Siwak was on His Tongue & He ﷺ was saying, "A, a".*[An-Nasa'i: 3; Book. 1; English vol. 1; Book. 1, Hadees. 3]*

Wife using husband's miswaak: -

5. A'isha رضی اللہ عنہا narrated that "Nabi ﷺ would clean His teeth with the Siwak & then He ﷺ would give me the Siwak in order to wash it. So I would first use it myself, then wash it & return it.

[Abu Dawud: 52; Book. 1; English Book. 1; Hadees. 51]

Doing miswaak during fasting: -

6. Hazrat Amir Bin Rabi'ah ؓ narrated from his father that he saw, Rasoolullah ﷺ doing Miswaak during fasting (number of times).

[Tirmizi: 725; Book. 8, English vol. 2; Book. 3, Hadees. 725]

Doing miswaak after wakening up: -

7. Narrated by Huzaifa ؓ, Whenever Nabi ﷺ got up for Tahajjud prayer He ﷺ used to clean His Mouth (and Teeth) with Siwak.

[Bukhari: 1136; Book. 19; English vol. 2; Book. 21; Hadees. 237]

8. Hazrat Abdullah Bin Abbas رضی اللہ عنہما says that Rasoolullah ﷺ said that the ten benefits of Siwak (السواك) (Miswaak) are: -

Brings good smell in mouth	Makes gums stronger
Makes eye sight stronger	Removes phlegm
Reliefs inflammation	It is Sunnah
Pleases Farishtaas (Angles)	Pleases Allah ﷻ

Is Neki (Sawaab)	Cleans the bowel

[Kanz al-Ummal: 26185]

Olive Miswaak the best for oral cavity: -

9. Hazrat Maaz Bin Jabal ﷺ says that Nabi ﷺ said: The best twig (miswaak) is of Olive (Zaitoon) the precious tree, because it gives good smell in mouth, reduces swelling, it is liked by Me, & was liked by Prophets عليهم السلام who came before me.*[Mojam Ausat: 678]*

Rinse the mouth after drinking milk: -

10. Narrated by Ibn Abbas رضى الله عنهما that Nabi ﷺ drank milk & then rinsed (Gargle) His Mouth & said: "It contains fat."

[Bukhari: 5609; Book. 74; English vol. 7; Book. 69; Hadees. 514]

Rinse the mouth while performing Ablution (wazoo): -

11. The version of Ibn Juraij has the working "If you perform ablution, then rinse your mouth."
[Abu Dawud: 144; Book. 1; English Book. 1; Hadees. 144]

Mouth is a path of Quran so do miswaak: -

12. Narrated by Ali Bin Abu Talib ﷺ that "Your mouths are the paths of the Quran, so perfume them with the tooth stick."
[Ibn Ma-jah: 306; Book. 1; English vol. 1; Book. 1, Hadees. 291]

Cover the mouth while yawning: -

13. Ibn Abbas رضى الله عنهما said: "When someone yawns, he should place his hand over his mouth. Yawning comes from Shaitaan."
(Al-Adab Al-Mufrad: 950, Book. 1; English Book. 40, Hadees. 950)

14. Abu Saeed Al-Khudri ﷺ reported that Nabi ﷺ said: When one of you yawns, one should hold hand over mouth, because the devil enters.*[Abu Dawud: 5026; Book. 43; English Book. 42; Hadees. 5008]*

Taking medicine through one side of mouth: -

15. Qatadah ﷺ narrated from Abu Abdullah that Zaid Bin Arqam ﷺ said that Nabi ﷺ would acclaim olive oil (Zait) (الزَّيْتَ) & Memecylon (Warss) (الْوَرْسَ) for (the treatment of) pleurisy." Qatadah said: "And it is put in the mouth on the side which he is suffering."*[Tirmizi: 2222; Book. 28, English vol. 4; Book. 2, Hadees. 2078]*

16. Maimun Abu Abdullah said: "I heard Zaid Bin Arqam ﷺ saying that Rasoolullah ﷺ ordered us to use Qustul Bahri (القسط البحرى) (white coloured costus) & Zait (olive oil) for Zaatul Janb (ذات الجنب) (pleurisy).*[Tirmizi: 2223; Book. 28; English vol. 4; Book. 2; Hadees. 2079]*

Cover the mouth while sneezing: -

17. Narrated by Abu Hurairah ﷺ that Nabi ﷺ when sneezed, He ﷺ placed His Hand or a garment on His Mouth & lessened the noise. The transmitter Yahya is doubtful about words khafada or ghadda (lessened).
[Abu Dawud: 5029; Book. 43; English Book. 42; Hadees. 5011]

18. Rules of (while) sneezing: -

When Sneezing:	الْحَمْدُ لِلّٰهِ	All praise is to Allah ﷻ
The listener's reply:	يَرْحَمُكَ الله	May Allah ﷻ have mercy on you.
Thesneezer's response:	يَهْدِيكُمُ اللهُ	May Allah ﷻ guide you.

[Abu Dawud, Vol: 2, Page: 338]

Guidance during illness: -

19. Hazrat Suhaib ﷺ reports that his right eye was paining & he was eating (تمر) dates, looking to this; Rasoolullah ﷺ said that you are eating Tamar (تمر) (dates) in spite of eye pain, on this, Hazrat Suhaib ﷺ said that I am eating from left side & my right eye is paining.
[Baihaqi: 20047]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

Bad sores & Apthous ulcers: -

ApthousUlcers	*Apthous Ulcer*	*Bed Sores*

قَالَ إِنَّهُ يَقُولُ إِنَّهَا بَقَرَةٌ لَّا ذَلُولٌ تُثِيرُ الْأَرْضَ وَلَا تَسْقِي الْحَرْثَ ۖ مُسَلَّمَةٌ لَّا شِيَةَ فِيهَا ۗ قَالُوا الْآنَ جِئْتَ بِالْحَقِّ ۖ فَذَبَحُوهَا وَمَا كَادُوا يَفْعَلُونَ ﴿٧١﴾

He [Musa (Moses)] said, "He says, 'It is a cow neither trained to till the soil nor water the fields, sound, having no other colour except bright yellow.' "They said, "Now you have brought the truth." So they slaughtered it though they were near to not doing it.

Recite the above ***Chapter No. 2 (Surah) Baqarah verse no. 71*** for 41 times & blow on the medicine to be applied on the affected area.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 52]

Blisters on skin & mouth: -

وَالضُّحَىٰ ﴿١﴾ وَاللَّيْلِ إِذَا سَجَىٰ ﴿٢﴾ مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَىٰ ﴿٣﴾ وَلَلْآخِرَةُ خَيْرٌ لَّكَ مِنَ الْأُولَىٰ ﴿٤﴾ وَلَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَىٰ ﴿٥﴾ أَلَمْ يَجِدْكَ يَتِيمًا فَآوَىٰ ﴿٦﴾ وَوَجَدَكَ ضَالًّا فَهَدَىٰ ﴿٧﴾ وَوَجَدَكَ عَائِلًا فَأَغْنَىٰ ﴿٨﴾ فَأَمَّا الْيَتِيمَ فَلَا تَقْهَرْ ﴿٩﴾ وَأَمَّا السَّائِلَ فَلَا تَنْهَرْ ﴿١٠﴾ وَأَمَّا بِنِعْمَةِ رَبِّكَ فَحَدِّثْ ﴿١١﴾

By the forenoon (after sun-rise); And by the night when it is still (or darkens); Your Lord (O Muhammad ﷺ) has neither forsaken you nor hated you. And indeed the Hereafter is better for you than the present (life of this world). And verily, your Lord will give you (all i.e. good) so that you shall be well-pleased. Did He not find you (O Muhammad ﷺ) an orphan and gave you a refuge? And He found you unaware (of the Quran, its legal laws, and Prophet hood, etc.) and guided you? And He found you poor, and made you rich (self-sufficient with self-contentment, etc.)? Therefore, treat not the orphan with oppression, And repulse not the beggar; And proclaim the Grace of your Lord (i.e. the Prophet hood and all other Graces)

Recite the above ***Chapter No. 93 (Surah) Zoha (full Surah)***for 41 times & blow on sugar & use it.

[Cure of our worries from Holy Quran a pocket Book by Maulana Muhammad Shafique page no. 62 & Cures from the Quran a pocket Book by idara page no. 50]

Cure for stammering (improper speech): -

رَبِّ اشْرَحْ لِي صَدْرِي ﴿٢٥﴾ وَيَسِّرْ لِي أَمْرِي ﴿٢٦﴾ وَاحْلُلْ عُقْدَةً مِّن لِّسَانِي ﴿٢٧﴾ يَفْقَهُوا قَوْلِي ﴿٢٨﴾

[Musaعليه السلام (Moses)] said: "O my Lord! Open for me my chest (grant me self-confidence, contentment, and boldness)."And ease my task for me; "And make loose the knot (the defect) from my tongue, (i.e. remove the incorrectness from my speech) [That occurred as a result of a brand of fire which Musaعليه السلام (Moses) put in his mouth when he was an infant]. [Tafsir At-Tabari, Vol. 16, Page 159]."That they understand my speech.

Recite the above ***Chapter No. 20 (Surah) Taha verse no. 25 to 28*** for 3 times every day. This verse increase knowledge also.

[Cures from the Quran a pocket Book by Muhammad Elahi page no. 83]

Science & Hadees regarding oral cavity: -

Read lesson no. 57 miswaak in part-2.

Scientific Studies on Miswaak: -

The Wrigley Company conducted a study on the Miswaak which was published in the Journal of Agricultural & Food Chemistry in 2007. Wrigley's research concluded that mints laced with Miswaak extract were 20 times more effective in killing bacteria than ordinary mints. A small testimony to this fact is that, after half an hour, the mints laced with Miswaak extract killed about 60% of the bacteria whereas the ordinary mints managed only 3.6%. (Please remember the ratio mentioned in Hadees, about Salah offered after using Siwak (Miswaak) is 70 times better than Salah offered without doing Miswaak).

In August 2008 issue of the Journal of Period ontology, there appeared a study conducted by Swedish researchers on the Miswaak, as well. The study apparently found that suspended Miswaak pieces in a petridish, the medium for culturing bacteria, were able to kill bacteria that cause periodontal disease without being in physical contact with bacteria. The researchers, however, suggested that Miswaak pieces may have been sprayed with anti-biotic gases, in their attempt to explain phenomenon.

Yet another study, one comparing the use of the toothbrush & the use of the Miswaak (2003) can be reviewed currently online at the website for the U.S. National Library of Medicine & National Institutes of Health (Pub Med).

The study concluded that Miswaak was more effective than tooth brushing in reducing plaque & gingivitis (inflammation of gums) provided it was used correctly. Similar studies found on the same website & elsewhere vouch for the effectiveness of Miswaak over toothbrush. "The miswaak appeared to be more effective than tooth brushing for removing plaque from the embrasures, thus enhancing interproximal health," stated the researchers.

There have been plenty of published studies on the Miswaak & in fact, entire books published which study its oral & systemic benefits.

With its strong anti-bacterial properties & perpendicular bristles, the Miswaak is a natural toothbrush, toothpaste & floss combined.

Lesson no. 82 Nasal Therapy. (السعوط) (Taking medicines through nose): -

INTRODUCTION

Medication or line of treatment through nasal cavities is called as Nasal therapy.

There are many Hadees in which it is advised to put medicine in nose; it is among the best therapy or treatments. (It is called as Sa-ut (السعوط) in Hadees).

It is called as Nasal therapy in modern science & Nasya in Ayurveda. There is a lot of research going on Nasal therapy.

Nabiﷺ's guidance about Nasal therapy: -

Taking medicine through nose: -

	1. Narrated by Ibn Abbas رضی الله عنهما that Nabi ﷺ snuffed medicine through nose (Sa-ut). *[Abu Dawud: 3867; Book. 29; English Book. 28; Hadees. 3858]*

4 (Four) best treatments: -

2. Hazrat Ibn Abbas رضی‌الله‌عنهما says that Rasoolullah ﷺ said that "Amongst the treatment you do:

a) The best is to put medicine (دواء) in nose (السعوط),

b) To put medicine (دواء) in one side of mouth (اللدود),

c) Hijamah (الحجامة) (Cupping)

d) Walking (المشی) (Laxatives).

[Tirmizi: 2184; Book. 28, English vol. 4; Book. 2, Hadees. 2047]

(المشی) Walking here is considered as movement of intestine by Imam Qayyim (ra) & senna is best to use as a laxative; please refer lesson no. 48 in part-2. Also there are more Hadees in which it is advised to put medicine in nose.

About sneezing: -

It is Sunnah to cover the nose & mouth while sneezing & to lower the sound of sneezing as possible: -

	4. Narrated by Abu Hurairah ﷺ that Nabi ﷺ when sneezed, He ﷺ placed His Hand or a garment on His Mouth & lessened the noise. The transmitter Yahya is doubtful about exact words khafada or ghadda (lessened).

[Abu Dawud: 5029; Book no. 43; English Book. 42; Hadees. 5011]

5. Rules of (while) sneezing: -

When Sneezing:	اَلْحَمْدُ لِلّٰهِ	All praise is to Allahﷻ
The listener's reply:	يَرْحَمُكَ اللهُ	May Allahﷻ have mercy on you.
The sneezer should response saying:	يَهْدِيْكُمُ اللهُ	May Allahﷻ guide you.

[Abu Dawud, Vol: 2, Page: 338]

Doing ablution (wazoo) & cleaning the nose after wakening: -

6. Narrated by Abu Hurairah ﷺ that Nabi ﷺ said: "If anyone of you arouses from sleep & performs ablution (wazoo), he should wash his nose by putting water in it & then blowing it out thrice, because devil (Shaitaan) has stayed in the upper part of his nose all the night".*[Bukhari: 3295; Book. 59; English vol. 4; Book. 54; Hadees. 516]*

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

Buzzing or Humming in the ears: -

When there is buzzing or humming in the ears, one should think of Rasoolullah ﷺ & recite the Durood & recite the following Dua: -

ذَكَرَ اللهُ بِخَيْرٍ مَنْ ذَكَرَنِي

May Allahﷻ think well of the person who has though of me.
[Hisnul Hasin (English by Muhammed Rafiq)]

For pain in ears: -

كَأَنْ لَّمْ يَسْمَعْهَا كَأَنَّ فِيْٓ أُذُنَيْهِ وَقْرًا ۚ فَبَشِّرْهُ بِعَذَابٍ أَلِيْمٍ ۝٧

As if he had not heard them, as if there was in his ears deafness. So give him tidings of a painful punishment.
Recite the above ***Chapter No. 31 (Surah) Lugmaan verse no. 7***for 7 times & blow on painful ear.
[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 75]

For deafness: -

وَإِذَا قُرِئَ الْقُرْاٰنُ فَاسْتَمِعُوْا لَهٗ وَأَنْصِتُوْا لَعَلَّكُمْ تُرْحَمُوْنَ ۝٢٠٤

So, when the Quran is recited, listen to it, and be silent that you may receive mercy. [i.e. during the compulsory congregational prayers when the Imam (of a mosque) is leading the prayer (except Surah Al-Fatiha), and also when he is delivering the Friday-prayer Khutbah]. [Tafsir At-Tabari, Vol.9, Pages 162-4]
Recite the above ***Chapter No. 7 (Surah) Aa'Raaf verse no. 204***for 7 times & blow on the patient.
[Cures from the Quran a pocket Book by Muhammad Elahi page. 80]

For tooth ache: -

قُلْ هُوَ الَّذِيْٓ أَنْشَأَكُمْ وَجَعَلَ لَكُمُ السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ ۚ قَلِيْلًا مَّا تَشْكُرُوْنَ ۝٢٣

Say it is He Who has created you, and endowed you with hearing (ears), seeing (eyes), and hearts. Little thanks you give

	Recite the above ***Chapter No. 67 (Surah) Mulk verse no. 23***for 7 times placing a finger on the painful tooth or grind & press the tooth little.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 74]

وَلَهُۥ مَا سَكَنَ فِى ٱلَّيْلِ وَٱلنَّهَارِ ۚ وَهُوَ ٱلسَّمِيعُ ٱلْعَلِيمُ ﴿١٣﴾

And to Him belongs whatsoever exists in the night and the day, and He is the All-Hearing, the All-Knowing."

Recite full ***Chapter No. 1 (Surah) Faateha***then recite the above ***Chapter No. 6 (Surah) An'am verse no. 13***for 7 times & blow on the right hand & rub gently on the affected area.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 82]

Science & Hadees regarding Nasal therapy: -

Nasal administration (administration through the nose) may allow certain drugs & other molecules to bypass the blood–brain barrier via diffusion through the olfactory epithelium & the perineural sheath or via retrograde axonal transport along olfactory & trigeminal nerves. This latter process probably implies endocytosis of the molecules. Using this route to the brain allows high concentrations of products in the olfactory bulb shortly after exposition & by diffusion to the entire brain. Therefore using this pathway allows a better bioavailability, assuming that the molecule has the right physic-chemical characteristics to get through the nose & the epithelial defenses.

The nasal cavity is covered by a thin mucosa which is well vascularised (has many blood vessels). Therefore, a drug molecule can be transferred quickly across the single epithelial cell layer directly to the systemic blood circulation without first-pass hepatic & intestinal metabolism. The effect is often reached within 5 minute for smaller drug molecules. Nasal administration can therefore be used as an alternative to oral administration, for example tablets & capsules if a fast effect is desired or if the drug is extensively degraded in the gut or liver.Drugs which have poor absorption can be given by this route.

Question & Answer regarding uses of inhalers in Ramzaan / Fasting: -

Answers given by General Supervisor: Shaikh Muhammad Saalih Al-Munajjid & Shaikh Muhammad Ibn Saalih Al-'Uthaymeen.

Question: Is it permissible to use a nasal spray that contains a percentage of alcohol? Does it break the fast for one who is fasting? I have an allergy to dust that causes me to sneeze continually (as much as 60 sneezes in succession). The doctor has prescribed for me medicine in a spray that contains 0.25% of alcohol. I only use this medicine in urgent cases, but I do not know whether it is permissible for me to use this medicine or not. & what is the ruling on using it in Ramzaan in particular?

Answer: We inform you that there is nothing wrong with using this medicine that contains that percentage of alcohol, which is very low & is dissolved in the medicine & there is no apparent trace of it, so it does not come under the ruling prohibiting alcohol. We have quoted the fatwas of the scholars concerning that. Using sprays for allergies does not invalidate the fast according to the correct opinion, whether they are administered through the nose or through the mouth, as they are in the form of vapour & do not contain any solid matter that enters the stomach.

Question: I have an allergy that affects my nose & I use a nasal spray to treat it. If I do not use it, it causes me great difficulty in breathing & I cannot do without the medicine for more than three hours. If I do not use it, it will make breathing very difficult. The problem is that the month of Ramzaan is coming & I use this medicine & am afraid it will affect my fast, but if I stop using it I cannot cope. Please note that on some days in Ramzaan, I did use it but I am very careful to prevent it from reaching my throat. What is the ruling on that? & what is the ruling on using it?

Answer: The spray that you are using is like a kind of gas because it is dispersed in the air & does not reach the stomach. As that is the case, we say that there is nothing wrong with using this spray when you are fasting & you are not breaking the fast by doing that because – as we have said – no part of it reaches the stomach because it is something that is dispersed in the air & disappears & no particle of it reaches the stomach such that we could say that it is something that breaks the fast. So it is permissible for you to use it when you are fasting. *[Fataawa Noor 'ala al-Darb, tape. 44]*

How to Use Nose Drops or medication properly according to medical: -

Having someone else give you the nose drops may make this procedure easier.

1. Blow your nose gently.	

2.Wash your hands thoroughly with soap & water.	
3. Check the dropper tip to make sure that it is not chipped or cracked.	
4. Avoid touching the dropper tip against your clean nose.	
5. Tilt your head as far back as possible, or lie down on your back on a flat surface (such as a bed) & hang your head over the edge.	
6. Place the correct number of drops into your nose.	
7. Bend your head forward toward your knees & gently move it left & right.	
8. Remain in this position for a few minutes.	
9. Clean the dropper tip with warm water. Cap the bottle right away.	
10. Wash your hands to remove any medication.	

Saline Nasal Spray: -

Allergies cause nasal obstruction & inflammation. When the normal clearance of mucus from the nasal passage toward the throat becomes obstructed, it leads to retention of mucus within the sinus cavities. Saline nasal sprays may help liquefy these secretions & decrease the risk of crusting in the sinus cavities, according to the American Academy of Allergy Asthma & Immunology. Some studies support the use of saline solution (salt water) to restore moisture to dry nasal passages & sinuses & to lessen the inflammation of mucous membranes. Findings show that if saline irrigation is used regularly, it can help to thin mucus, decrease postnasal drip & cleanse your nasal passages of bacteria. The two main ways to use saline irrigation are with a Neti pot or small squirt bottle. Saline sprays also help keep the cilia in your nose healthy. Cilia are small hair-like structures in your nose that help humidify air to your lungs, trap bacteria to prevent them from entering the cells & aid your sense of smell. By keeping cilia healthy, studies show that saline sprays may help treat rhinitis & sinusitis.

Lesson no. 83 Eye diseases: -

INTRODUCTION

There are many eye diseases from minor to major mostly caused by bacteria or viral infection, causing pain, inflammation of eyes, watering of eyes (ehiphora), increase in eye pressure, visual impairment & etc.

Nabiﷺ's guidance about eye diseases: -

Kamaat (truffle / mushroom) a blessing thing & cure for eye diseases: -

Mushroom	*Truffle*

Hazrat Saeed Bin Zaid ؓ says that Nabi ﷺ said Kamaat (الكماة) is among Mann (a blessing thing) (المن), water of it, is cure for eyes (العين).*[Bukhari: 4478; Book. 65; English vol. 6; Book. 60; Hadees. 5]*

2. Hazrat Abu Saeed & Jabir ؓ says that Nabi ﷺ said that Kamaat(الكماة)are a type of Mann & its water is a healing for eyes (diseases)& the `Ajwah (dates) are from Paradise (Jannah) & they are healing for poisoning (السُّمّ)".

[Ibn Ma-jah: 3579; Book. 31; English vol. 4; Book. 31, Hadees. 3453]

3. Amr Bin Huraith heard from Saeed Bin Zaid 'Amr Bin Nufail ؓ that Nabi ﷺ said Kamaat (الكماة)is among Mann (المن), which Allahﷻ sent for Bani Israel, its water is cure for eyes (العين).

[Ibn Ma-jah: 3581; Book. 31; English vol. 4; Book. 31, Hadees. 3454]

4. Hazrat Suaheeb ؓ says that Rasoolullah ﷺ said: "For your beneficial, Kamaat (الكماة) is present, that are among Mann (المن)& its water is cure (شفاء) for eyes (العين).*[Abu Nu-aim: 258]*

Kamaat (truffle / mushroom) a blessing thing & not small pox of earth: -

5. Hazrat Abu Hurairah ؓ says that some people use to say that Kamaat (الكماة) are small pox (جدرى) of earth, on this Rasoolullahﷺ said Kamaat (الكماة) is among Mann (المن) & its water is cure for eyes & Ajwah (dates) are from Jannah (الجنة) it saves from poisoning.*[Ibn Ma-jah: 3582; Book. 31; English vol. 4; Book. 31, Hadees. 3455]*

6. Qatadah says that Hazrat Abu Hurairahؓ said that, he took 3 or 5 or 7 Kamaat (الكماة) & drew out water from them & collected the water in a bottle & used the water for a slave eye disease & her eyes got cured.*[Tirmizi: 2211; Book. 28, English vol. 4; Book. 2, Hadees. 2069]*

3 things which increase vision: -

7. Hazrat Buraidah ؓ says that Nabi ﷺ said that 3 things increase the vision (البصر) Ismid (surma) (اثمد), to see greenery (الخضرة) (plant &etc.) & to see a beautiful face (وجه حسن). *[Kanz al-Ummal: 28314]*

8. Hazrat Abdullah Bin Abbas رضى الله عنهما says that Rasoolullah ﷺ said: The best surma you have is Ismid (اثمد) (Antimony) it makes the vision (البصر) clear & makes the hair (eye lashes) grow.

[Ibn Ma-jah: 3626; Book. 31; English vol. 4; Book. 31, Hadees. 3497]

Sabir (Aloe Vera) for eye infection: -

	9. Hazrat Nubayh Ibn Wahb ؓ says that Hazrat Umer Ibn Udaidullah Ibn Ma'mar ؓ had an eye infection & he wanted to apply collyrium (Surma) (kohl) in his eye, but Hazrat Abaan Ibn Usman ؓ told him not to do so, & asked to apply Sabir (صبر)

(Aloe Vera) in his eye, & said that he heard from Hazrat Usman Ibn Affan ﷺ that, Nabi ﷺ did the same.

[Abu Dawud: 1838; Book. 11; English Book. 10; Hadees. 1834]

10. Hazrat Abaan Bin Usman narrated that his father ﷺ says that one man had an infection in his eyes, while he was in Ihram & Nabi ﷺ advised him to apply Sabir (صبر) (Aloe Vera).

[An-Nasa'i: 2711; Book. 24; English vol. 3; Book. 24, Hadees. 2712]

Hijamah (cupping) improves eye sight: -

11. Abbad Bin Mansur narrated from Hazrat Ikramah ﷺ that Hazrat Ibn Abbas رضی اللہ عنہما had 3 slaves (gulam) who use to do Hijamah (الحجامة), Among 3, two uses to bring grocery etc.& one use to do Hijamah (الحجامة) for him & his Family members & Ibn Abbas رضی اللہ عنہما says that Rasoolullah ﷺ said: "The Best Slave (gulam) is who knows Hijamah (الحجامة) (to do) & removes the blood, by this the problems of back & spine goes, eye sight improves," & Rasoolullah ﷺ said: "When I went to Mehraaj, the groups of Angels (farishtaas) I passed said undergo Hijamah (الحجامة) & the best days are 17th or 19th or 21st (Moon days) & Rasoolullah ﷺ said: "The best way for treatment is: To put medicine in nose; To put medicine in one side of mouth; A cut of Hijamah (الحجامة)&

Laxatives & said that Rasoolullah ﷺ was also given Medicine by mouth & Rasoolullah ﷺ asked who gave Me medicine? To this all were silent & Rasoolullah ﷺ said that "In My Family members all were given medicine, except Abbas رضی اللہ عنہما, (because he never needed medicine).

[Tirmizi: 2191; Book. 28, English vol.4; Book. 2, Hadees. 2051]

(Laxatives are the food products or medicine which cleans the intestines by inducing stools).

12. Hazrat Ibn Abbas رضی اللہ عنہما says that Nabi ﷺ said: "What a nice slave is the cupper (a person who does Hijamah (الحجامة) (Wet Cupping) he removes toxins from blood, lightens his back & sharpens his eye sight & said that at the Night of Mehraaj every group of Angels (Farishtaas) that Rasoolullah ﷺ passed said: "O Muhammad ﷺ! You should use Hijamah (cupping).

[Ibn Ma-jah: 3606, 3607; Book. 31; English vol. 4; Book. 31, Hadees. 3477, 3478]

Guidance during illness: -

13. Hazrat Suhaib ﷺ reports that his right eye was paining & he was eating Tamar (تمر) (dates), looking to this; Rasoolullah ﷺ said that you are eating Tamar (تمر) (dates) in spite of eye pain, on this, Hazrat Suhaib ﷺ said, that I am eating from left side & my right eye is paining.

[Baihaqi: 20047]

14. Whenever any of the Nabi ﷺ's wives suffered from conjunctivitis, Nabi ﷺ did not touch her until her eyes were cured".

[Reference Abu Nu-aim; at-Tibbun Nabawi]

Rugyah (Dua) for eye diseases: -

15. Once, wife of Abdullah Bin Masood ﷺ complained about her eyes, he ﷺ said to her "If you had done, what Nabi ﷺ used to do, it would have been better for you & would have brought fast healing to your eyes. Splash water on your eyes & then say,

أَذْهِبِ الْبَاسَ رَبَّ النَّاسِ اشْفِ أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا

"Cure the ailment, O LORD of the people, Bring about the cure, for You Alone Bring the cure & there is no cure except that which You Bring about. Bring a type of cure that eradicates every ailment".*(It is a part of Hadees).*
[Ibn Ma-jah: 3660; Book. 31; English vol. 4; Book. 31, Hadees. 3530.]

Please refer lesson no. 68 Kamaat(mushrooms &truffles) & lesson no. 69 Surma (collyrium)in part-2& lesson no. 10 Nazar (evil eye) &11 Treatment of Nazar (evil eye) in part-1

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

For pain in eyes: -

Recite the following Dua: -

اَللّٰهُمَّ مَتِّعْنِي بِبَصَرِيْ وَاجْعَلْهُ الْوَارِثَ مِنِّيْ وَاَرِنِيْ فِي الْعَدُوِّ ثَأْرِيْ وَانْصُرْنِيْ عَلٰى مَنْ ظَلَمَنِيْ

O Allahﷻ, preserve for me my sight & let me utilizeit throughout my life & show me my vengeance in (my) enemy & help me against the one who has been cruel to me. *[Hisnul Hasin (English by Muhammed Rafiq)]*

For strengthening the eyes: -

فَكَشَفْنَا عَنْكَ غِطَآءَكَ فَبَصَرُكَ الْيَوْمَ حَدِيْدٌ ﴿٢٢﴾

We have removed from thee thy covering, and piercing is thy sight this day.

Recite the above ***Chapter No. 50 (Surah) Qaaf verse no. 22***for 3 times after every Salah & blow on fingers & rub gently on both eyes.

[Cures from the Quran a pocket Book by Muhammad Elahi page no. 79]

To protect the eye sight & for eye pain: -

إِنَّآ أَنزَلْنَٰهُ فِى لَيْلَةِ الْقَدْرِ ﴿١﴾ وَمَآ أَدْرَىٰكَ مَا لَيْلَةُ الْقَدْرِ ﴿٢﴾ لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ ﴿٣﴾ تَنَزَّلُ الْمَلَٰٓئِكَةُ
وَالرُّوحُ فِيهَا بِإِذْنِ رَبِّهِم مِّن كُلِّ أَمْرٍ ﴿٤﴾ سَلَٰمٌ هِىَ حَتَّىٰ مَطْلَعِ الْفَجْرِ ﴿٥﴾

Verily! We have sent it (this Quran) down in the night of Al-Qadr (Decree) And what will make you know what the night of Al-Qadr (Decree) is? The night of Al-Qadr (Decree) is better than a thousand months (i.e. worshipping Allah ﷻ in that night is better than worshipping Him a thousand months, (i.e. 83 years and 4 months). Therein descend the angels and the Ruh [Jibrael (Gabriel)] by Allahﷻ's Permission with all Decrees, Peace! (All that night, there is Peace and Goodness from Allahﷻ to His believing slaves) until the appearance of dawn.

Recite the above ***Chapter No. 97 (Surah) Qadar (full Surah)***for 3 times after every Salah (Namaz) & blow air on fingers & rub gently on both eyes. If anyone recites this *Surah* after Wazoo & looks at the sky, the eyesight will never weaken down Inshaallah.

[Cure of our worries from Holy Quran. by Maulana Muhammad Shafique page. 46]

Science & Hadees regarding collyrium (Antimony): -

	Antimony strengthens the optic nerve & is considered the best collyrium (kohl) (surma) when mixed with musk powder for elderly people with poor vision weakened by old age & also helps to reduce skin flap growing on the eyelid, mange of the eyelids & it relaxes eyestrain.

It helps detoxify eye moisture & eases congestion in tear ducts. It helps natural cleansing of the eyes & helps to protect the eyes from dust particles floating in the air & brightens one's sight. When Ismid is mixed with honey diluted in water & applied on the edge of the eyelid, it helps to reduce headaches.

Mange means a skin disease of mammals caused by parasitic mites & occasionally communicable to humans. It is characterized by severe itching, hair loss & the formation of scabs & lesions.

Science & Hadees regarding Truffles & mushrooms: -

Truffles are an important source of protein among the desert plants. The compositions are as follows: -

It has 77% water & 23% other substances. These substances include 60% hydrocarbons, 7% fats, 4% fibers, 18% proteins & the remaining 11% are in the form of ashes that remain after its burning. Seventeen amino acids have already been recognized in the proteins present in the truffles.

When Prophet ﷺ describes the truffles as manna, this actually implies that they grow by the Will & Grace of Allahﷻ as they are not cultivated by man. Moreover, they require neither seeds nor water to grow. The only interference by man in this process is to exert effort in their gathering. As for the other description given by Prophet ﷺ that *"Their water is healing to the eye"*, Ibn Sina mentioned that Muslims, in response to this Hadees used to boil its water, cool it & then use it as eye drops . Dr. Al-Mu`taz al-Marzuqi, an Egyptian Ophthalmologist, tried to study this Hadees in the light of modern science & reached very important results.

He found that the water of truffles prevents the occurrence of fibrosis in cases of eye trachoma. Truffles stop the formation of the fibrous tissues in the infected area. Experiments have proven that the application of the water of

truffles in the treatment of trachoma has led to an enormous drop in the formation of lymphatic cells resulting from inflammation, which may lead to opacity of the cornea. Trachoma is a chronic contagious inflammation from which most inhabitants of the Arab world, the Mediterranean region & others all over the world suffer. The complications resulting from this disease may lead to total blindness.

Trachoma with its various complications is found to be completely responsible for more than 25% of the cases of blindness in areas where the disease is widespread. Very often, trachoma is also accompanied by spring ophthalmia, which increases fibrosis in the infected area. Experiments carried by Dr. Al-Mu`taz Al-Marzuqi have proven that the water of truffles remarkably reduces the occurrence of fibrosis in the eye cornea, through stopping the growth of the cells which form the fibers, equalizing the chemical effect of the trachoma poisons & inhibiting the unnatural growth of the cells of the conjunctiva, because most of the complications of trachoma occur because of fibrosis of the cornea that are cured by the water of truffles (By Dr. Zaghloul El-Naggar).

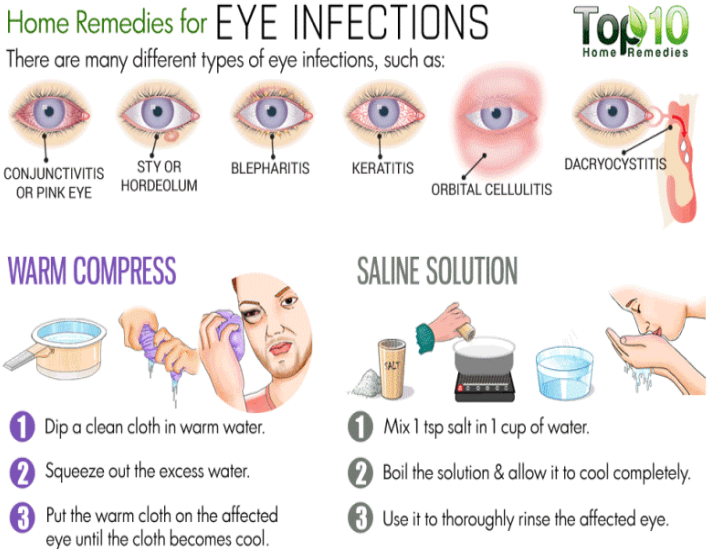
For eye disease: -

It is a natural anti-biotic, anti-fungal, anti-bacterial, and anti-viral with no side effects (dryness of eyes) as caused by modern antibiotic eye drops. It is effective in all eye elements.

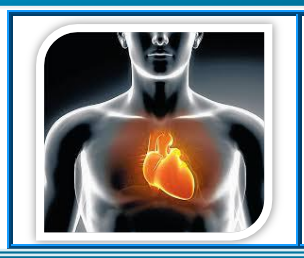
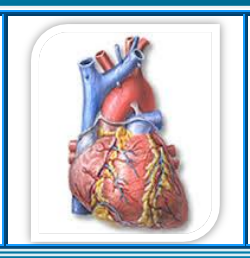
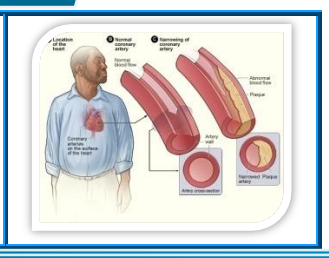
Hijamah for eyes: -

	An Egyptian Physician Dr. Sahbaa has written that cupping exerts marked improvement on the clinical condition of patients especially visual analogue, scale of pain, it significantly reduces the laboratory markers of disease activity

and it modulates the immune cellular conditions particularly of innate immune response NK (natural killers) cell % & adaptive cellular immune response SIL-2R



Lesson no. 84 Heart, Qalb, cardiac problems, strengthening heart: -

INTRODUCTION

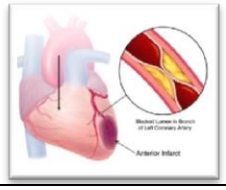
There are many heart diseases&disorders ranging from minor to major, caused by bacteria or viral infection, or dysfunctioning of heart or disease in its arteries & etc.

Nabiﷺ's guidance about Heart: -

Qalb (heart) a piece of muscle, if it is good whole body remains good: -

1. Narrated by An-Nu'man Bin Bashir ؓ that he heard from Nabi ﷺ say, Beware! There is a piece of flesh in the body if it becomes good (reformed) the whole body becomes good but if it gets spoilt the whole body gets spoilt & that is the heart (الْقَلْبُ).(This is a part of a long Hadees)*[Bukhari: 52; Book. 2; English vol. 1; Book. 2; Hadees. 50]*

By sins black spots occurs on heart: -



2. Abu Hurairah ؓ narrated that Nabi ﷺ said: "Verily, when the slave (of Allahﷻ) commits a sin, a black spot appears on his heart (قَلْب). When he refrains from it, seeks forgiveness & repents, his heart is polished clean. But if he returns, it increases

until it covers his entire heart& that is the 'Ran' (الرَّانُ) which Allahﷻ mentioned: Nay, but on their hearts is the Ran which they used to earn.*[Tirmizi: 3654; Book. 47, English vol. 5; Book. 44, Hadees. 3334]*

A Dua for healthy heart: -

Abdullah Bin Abi Awfa ؓ narrated that Nabi ﷺ use to pray: -

اَللّٰهُمَّ بَرِّدْ قَلْبِي بِالثَّلْجِ وَالْبَرَدِ وَالْمَاءِ الْبَارِدِ اَللّٰهُمَّ نَقِّ قَلْبِي مِنَ الْخَطَايَا كَمَا نَقَّيْتَ الثَّوْبَ الْأَبْيَضَ مِنَ الدَّنَسِ

O Allahﷻ, cool my heart with snow & hail & cold water. O Allahﷻ, cleanse my heart of sins as You cleanse a white garment of filth.

[Tirmizi: 3547; Book. 48, English vol. 6; Book. 45, Hadees. 3547]

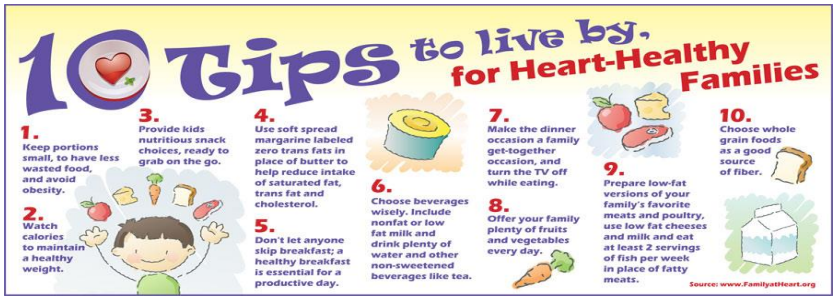
Benefits of Safarjal (Quince) on Qalb, breathe, Chest & Heart: -

4. Hazrat Talha ؓ says that he went to Nabi ﷺ & Nabi ﷺ had Safarjal (السفرجل) in His Hand & said Take it, oh! Talha for it soothes the heart (تُجِمُّ الْفُؤَادَ).
[Ibn Ma-jah: 3494: Book. 29; English vol. 4; Book. 29, Hadees. 3369]

5. Hazrat Jabir Bin Abdullah ؓ says that Nabi ﷺ said: "Eat Safarjal (السفرجل) (Quince) because it heals cardiac problems & removes heaviness from chest.*(Kanz al-Ummal: 28258)*

6. Hazrat Anas Bin Malik ؓ says that Nabi ﷺ said: "By eating Safarjal (السفرجل) (Quince), heaviness in Qalb (heart) reduces.
[Kanz al-Ummal: 28261]

7. Hazrat Auif Bin Malik ؓ says that Nabi ﷺ said: "Eat Safarjal (Quince) because it prevents Cardiac Problems & strengthens the heart.*[Kanz al-Ummal: 28260]*

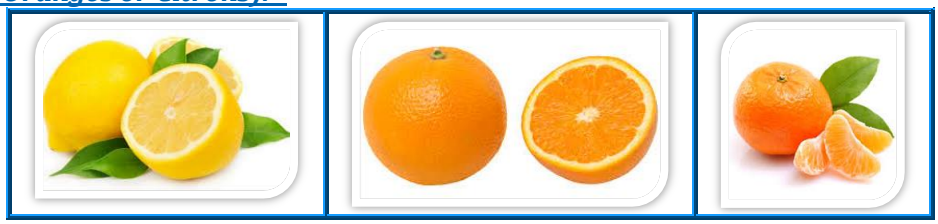


Ajwah dates for cardiac problems: -

8. Hazrat Sa'ad Bin Abi Waqqas ﷺ says that he fell ill, he had chest pain, Rasoolullah ﷺ visited him & kept His respected Palm on Hazrat Sa'ad ﷺ chest, Hazrat Sa'ad ﷺ felt the soothing effect in his whole chest & Rasoolullah ﷺ prayed for him, & said that Saad is suffering from cardiac problem. And

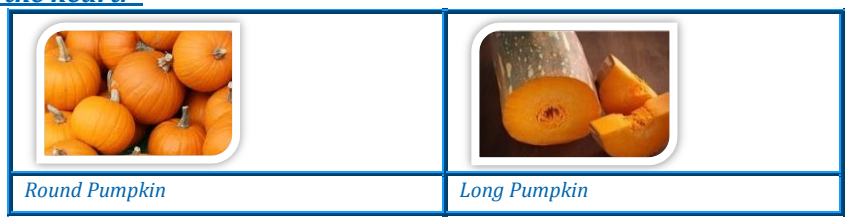
Rasoolullah ﷺ advised to take Hazrat Sa'ad ﷺ to Haris Bin Kuladah (a hakim) & said the physician should give 7 Ajwah (عجوة) (dates) of Madinah (المدينه) crushed, & with its seed grinded & put it in his mouth.*[Abu Dawud: 3875; Book. 29; English Book. 28; Hadees. 3866]*

Benefits of Atraj (Oranges or Citrons): -



9. Hazrat Abdul Rehman Bin Dilham ﷺ says that Nabi ﷺ said that for you Atraj (الاترج) (Oranges or citron) have many benefits, it reduces heart diseases & strengthens the heart.
[Jamius Sageer; vol. 2; page. 139]

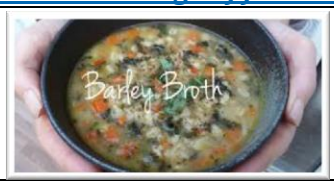
Pumpkin strengthens the heart: -



Round Pumpkin | *Long Pumpkin*

10. Hazrat A'isha رضی اللہ عنہا said to father of Hazrat Hashsham Bin Arwah ﷺ that Nabi ﷺ said to her that whenever you cook dry meat, add Dubba (الدُّبَّاء) (round pumpkin) in it, because it strengthens the heart which is effected with inferior complex.
[Ibn Qayyim; vol. 1; page. 308]

Barley broth removes grief from the heart of the patient: -



11. Hazrat A'isha رضی اللہ عنہا says that, whenever anybody use to fell ill, in Rasoolullah ﷺ's family, Rasoolullah ﷺ use to advice to eat Barley broth (Harisa or Daliya) & use to say it removes the sorrow / grief from the heart of the patient & removes weakness, as anyone washes the face with water & water clears the dirt present on face.
[Tirmizi: 2173; Book. 28; English vol. 4; Book. 2, Hadees. 2039]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

Quranic verse for heart diseases: -

ٱلَّذِينَ ءَامَنُوا۟ وَتَطْمَئِنُّ قُلُوبُهُم بِذِكْرِ ٱللَّهِ ۗ أَلَا بِذِكْرِ ٱللَّهِ تَطْمَئِنُّ ٱلْقُلُوبُ ﴿٢٨﴾

Those who believe (in the Oneness of Allah ﷻ - Islamic Monotheism), and whose hearts find rest in the remembrance of Allah ﷻ, Verily, in the remembrance of Allah ﷻ do hearts find rest.

Recite the above ***Chapter No. 13 (Surah) Ar-Raad verse no. 28*** for 21 times every day after every prayer (Salah).

[Hisnul Hasin (English by Muhammed Rafiq)]

Recite the above ***Chapter No. 13 (Surah) Raad verse no. 28*** for 3 times & blow on chest (heart region).

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 13]

To make Heart & Face full of Noor: -

اَللّٰهُ نُوْرُ السَّمٰوٰتِ وَالْاَرْضِ ؕ مَثَلُ نُوْرِهٖ كَمِشْكٰوةٍ فِيْهَا مِصْبَاحٌ ؕ اَلْمِصْبَاحُ فِيْ زُجَاجَةٍ ؕ اَلزُّجَاجَةُ كَاَنَّهَا
كَوْكَبٌ دُرِّيٌّ يُّوْقَدُ مِنْ شَجَرَةٍ مُّبٰرَكَةٍ زَيْتُوْنَةٍ لَّا شَرْقِيَّةٍ وَّلَا غَرْبِيَّةٍ ۙ يَّكَادُ زَيْتُهَا يُضِيْٓءُ وَلَوْ لَمْ تَمْسَسْهُ نَارٌ ؕ نُوْرٌ
عَلٰى نُوْرٍ ؕ يَهْدِي اللّٰهُ لِنُوْرِهٖ مَنْ يَّشَآءُ ؕ وَيَضْرِبُ اللّٰهُ الْاَمْثَالَ لِلنَّاسِ ؕ وَاللّٰهُ بِكُلِّ شَيْءٍ عَلِيْمٌ ﴿۳۵﴾

Allahﷻ is the Light of the heavens and the earth. The example of His light is like a niche within which is a lamp, the lamp is within glass, the glass as if it were a pearly [white] star lit from [the oil of] a blessed olive tree, neither of the east nor of the west, whose oil would almost glow even if untouched by fire. Light upon light. Allahﷻ guides to His light whom He wills. And Allahﷻ presents examples for the people, and Allahﷻ is Knower of all things.

Recite the above ***Chapter No. 24 (Surah) Noor verse no. 35***once everyday & blow on palms & rub the palm on chest & face.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 55]

For devilish thoughts: -

وَقُلْ رَّبِّ اَعُوْذُ بِكَ مِنْ هَمَزٰتِ الشَّيٰطِيْنِ ﴿۹۷﴾ وَاَعُوْذُ بِكَ رَبِّ اَنْ يَّحْضُرُوْنِ ﴿۹۸﴾

And say: "My Lord! I seek refuge with You from the whisperings (suggestions) of the Shayatin (devils). "And I seek refuge with You, My Lord! lest they may attend (or come near) me."

Recite the above ***Chapter No. 23 (Surah) Mu'minoon verse no. 97-98***& blow on palm& rub gently on heart & head etc.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 26]

Science & Hadees regarding Heart problems: -

In Hadees, Quince is said to eaten on empty stomach, it is good for the soul (نُجِمُ الْفُؤَادَ) means that Quince pleases / strengthens the heart, & opens the coagulation (if clots are there) والطغاء للقلب is meant for darkness, like clouds or a sand storm cover the clear sky which is then un-seen, so Quince will do the same job for the heart, it will remove the blockage & the heart will be clear & healthy Inshaallah.

Dates are also rich in natural fibers & natural vitamins & other necessary elements, thus prevent cholesterol & triglycerides from increasing & prevent cardiac diseases.

Oranges & citrus fruits have vitamin C, which is famous for its powerful antioxidant properties (meaning that it disarms powerful oxygen molecules in the body that contribute to cancer & heart disease).

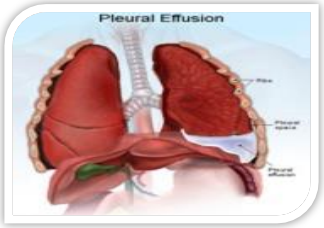
Barely as an Anti-hypertensive (high blood pressure): -

Barley contains more fermentable carbohydrate than other cereals such as rice. Fermentation of undigested carbohydrate produces short chain fatty acids, some which may reduce hepatic glucose production & affect postprandial glycemia (glucose after meals). Because of viscous properties of beta-glucans, boiled flours appear to produce higher glucose & insulin responses when compared with milled kernels. According to a controlled study in 18 lean, healthy men ingesting barley beta-glucan given with high carbohydrate food & high carbohydrate drinks, beta-glucan significantly decreased glycemic & insulinemic responses on the food ($p<0.05$) but not on the drink ($p>0.05$) treatments, compared to controls.

In another study comparing crackers & cookies made of whole wheat or barley, the barley crackers & cookies had glycemic indices of 49 & 34, respectively, whereas whole wheat crackers & cookies had 78 & 81, respectively.

Pumpkins have Magnesium which is good for heart: -It helps in ATP (adenosine triphosphate) formation (the energy molecules of our body) & it increases pumping action of our heart, proper bone & tooth formation, relaxes the blood vessels & brings proper bowel function. Magnesium has been shown to benefit your blood pressure & helps to prevent sudden cardiac arrest, heart attack & stroke. Pumpkin seeds are an excellent source of dietary fiber & mono-unsaturated fatty acids, which are good for heart health.

Lesson no. 85 Pleurisy & other chest problems: -



INTRODUCTION

Pleurisy is an inflammatory condition of the pleura (covering layers of the lungs), which impairs their lubricating functioncauses pain when breathing. It is caused by pneumoniaother diseases of the chest or abdomen.

Nabiﷺ's guidance about pleurisy: -

Benefits of Safarjal (Quince) on Qalb, breathe, Chest & Heart: -

1. Hazrat Talha ؓ says that he went to Nabi ﷺ & Nabi ﷺ had Safarjal (السفرجل) in His Hand & said, take it, Oh! Talha for it soothes the heart (تُجِمُّ الْفُؤَادَ). *[Ibn Ma-jah: 3494: Book. 29; English vol. 4; Book. 29, Hadees. 3369]*

2. Hazrat Jabir Bin Abdullah ؓ says that Nabi ﷺ said: "Eat Safarjal (السفرجل) (Quince) because it heals cardiac problems & removes heaviness from chest.*[Kanz al-Ummal: 28258]*

Treatment of Zaatul Janb (pleurisy): -

3. Narrated by Ummе Qais Bint Minsaan رضی اللہ عنہا that she took her son to Nabi ﷺ who was suffering from throat infection & she had press his throat part, Nabi ﷺ saw the child & said: "Why do you press your children & you should use

Aloes wood (الْعُودِ الْهِنْدِيِّ) (Al-Ud Al-Hindi), there are 7 cures in it, it should be inhaled for throat infection (Azrah) & taken by mouth for pleurisy (Zaatul-Janb).*[Ibn Ma-jah: 3590; Book. 31; English vol. 4; Book. 31, Hadees. 3462]*

To take medicine at one side of mouth: -

4. Hazrat Zaid Bin Arqam ؓ says that Rasoolullah ﷺ advised, as a treatment for pleurisy (الجنبذات) (zaatul-janb), Memecylon (ورس) (Warss), Costus (قسط) (Qust), & Olive oil (زيت) (Zait) & take at one side of mouth (يُلَدُّ).*[Ibn Ma-jah: 3596; Book. 31; English vol. 4; Book. 31, Hadees. 3467]*

Means the preparation should be taken at the side of the mouth to which side the problem in the body is, means if the problem is the right side of the body than take the preparation in the right side of the mouth.

Memecylon (Warss).

Olive Oil.

Flower Of Costus.

White Costus Root (Qustul Bahri)

Dark Costus (Qustul Hind)

Qustul Bahri means White Costus (White Saussaurea lappa in Latin); a whole lesson is present in my Tibb-e-Nabawi ﷺ. (Refer Lesson no. 47 Costus (Qust) in part-2)

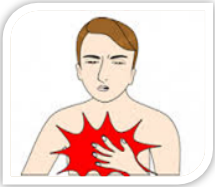
5. Qatadah narrated from Abu Abdullah that Zaid Bin Arqam ؓ said that Nabi ﷺ would acclaim olive oil (الزَّيْت) & (الْوَرْس) Memecylon (Warss) for (the treatment of) pleurisy." Qatadah said: "And it is put in the mouth on the side which he is suffering.

[Tirmizi: 2222; Book. 28, English vol. 4; Book. 2, Hadees. 2078]
(Means it is to be taken at one side of mouth).
This shows that taking medicine in to the mouth should be in one side of the mouth means if we have problem in the left side of the body than take medicine in the left side of the mouth. Please read more Hadees on this topic so that you will come to known the concept properly.

	6. Hazrat Suhaib ﷺ reports that his right eye was paining & he was eating Tamar (تمر) (dates), looking to this; Rasoolullah ﷺ said that, you are eating Tamar (تمر) (dates) in spite of eye pain, On this Hazrat Suhaib ﷺ said that I am eating from left side & my right eye is paining. *(Baihaqi: 20047)*

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

For chest pain: -



وَيَشْفِ صُدُورَ قَوْمٍ مُّؤْمِنِينَ ﴿١٤﴾ and (Allahﷻ will) heal the breasts of a believing people,

Recite the above ***Chapter No. 9 (Surah) Tawbah verse no. 14***for 41 times & blow in Zamzam Water & drink or make the patient drink.*(Cures from the Quran, by Muhammed Elahi page no. 85)*

For palpitation: -

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِن لَّدُنكَ رَحْمَةً ۚ إِنَّكَ أَنتَ الْوَهَّابُ ﴿٨﴾

(They say): "Our Lord! Let not our hearts deviate (from the truth) after You have guided us, and grant us mercy from You. Truly, You are the Bestower. "Recite the above ***Chapter No. 3 (Surah) Al-Imran verse no. 8*** for 21 times after Fajar Salah (Namaz) & blow in water &drink for 21 days. *[Cures from the Quran, by Muhammad Elahi page. 87]*

Science & Hadees regarding pleurisy & other chest problems: -

In Hadees, Quince is said to eaten on empty stomach it is good for the soul, تجم الفؤاد means that Quince pleases / strengthens the heart, & opens the coagulation (if clots are there). والطخاءللقلب is meant for darkness, like clouds or a sand storm cover the clear sky which is then un-seen, so Quince will do the same job for the heart, it will remove the blockage & the heart will be clear & healthy Inshaallah.

Olive medicinal uses: -

Nabiﷺ recommended the use of olive oil in pleurisykeeping this in view olive oil was administered in various diseases of respiratory tract & it was observed that the regular use of olive oil was affected in common cold & coryzha & pneumonia.

Costus (Qust) & Olive oil (Zait) use together: -

(Pictures are given above).

Costus (Qust) is an anti-bacterial herb with a very good effect & olive oil increases its medicinal actions & both enhances act of each other.

A research on Costus (Qust) for pleurisy & other lungs disease: -

Anti-bacterial effect of Indian costus (Qust ul Hind) & sea-Qust & their water extracts on some pathogenic bacteria of the human respiratory system. AL-Kattan, Manal Othman Faculty of Science (Girls), Department of Microbiology, King Abdul Aziz University, Jeddah, Saudi Arabia (Accepted on 4 May, 2012).

The pathogenic bacteria of the human respiratory system are characterized by resistance (medicines do not work) to most anti-biotics. Staphylococcus aureus & Klebsiella pneumonia are some of the pathogenic bacteria of the human respiratory system which often cause pneumonia, pleurisy & meningitis. Moreover, they are the most prominent strains of bacteria in most hospitals.

Bacterial resistance to anti-biotics occurs as a result of excessive usage of anti-biotics in the treatment of diseases. For that reason, it is necessary to seek for medical alternatives that are safer for the treatment of these bacteria. Alternative medicine, especially, has revealed many plants & herbs that are used in the treatment for some diseases including respiratory diseases.

The purpose of this study is to determine the effect of the Indian costus & sea-costus on the pathogenic bacteria; Escherichia coli, Pseudomonas aeruginosa, Staphylococcus aureus & Klebsiella pneumonia. In addition, the effect of the water extracts of the Indian costus & sea-costus on Staphylococcus aureus & Klebsiella pneumonia was also determined.

Result of the research: -

The results showed anti-bacterial effect of two types of dried Costus roots on all tested bacteria, especially in high concentrations. Also, the cold or hot water extract of Indian Costus was highly effective against tested bacteria at 20 to 25% concentration, while the hot extract of sea-Qust was more effective against tested bacteria than its cold extract in all the concentrations used.

Olive is blessed tree, has Barkat in it, eat its oil & apply on body, it cures leprosy, Basoor, best for pleurisy & shaitaan (evil) run away when we use it, can be used in combination of Warss (Memecylon), Qust (costus) etc., should be taken in one side of mouth or put in nose.

Studies on warss (Memecylon) shows: -

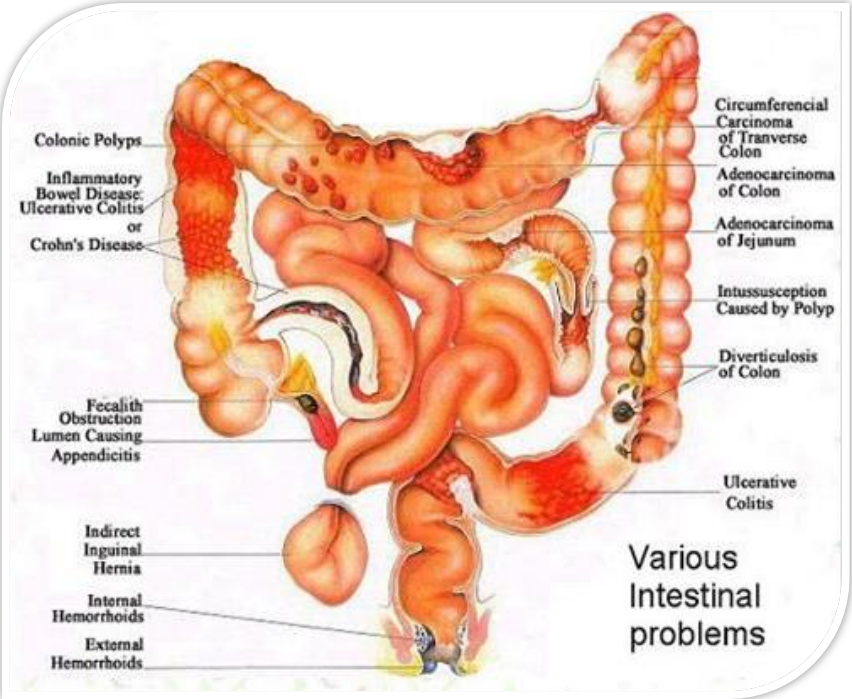
• Anti-bacterial: -Results showed the ethyl acetate & chloroform extracts of the plant with moderate anti-bacterial activity. Maximum activity was shown by the chloroform extract against Bacillus subtilis.

• Radical Scavenging / Anti-Inflammatory / Analgesic: -The ethyl acetate extract showed the highest stimulation for interleukin-10 production; it also caused significant inhibition of the writhing response. The methanol fraction exhibited radical scavenging activity.

• Anti-microbial: -Study of methanol extracts showed significant activity against gram-positive, gram-negative bacteria & fungus.

• Apoptogenic / Human Gastric Carcinoma: -Study evaluated the anti-proliferative & apoptogenic activity of an ethyl acetate extract of leaves of Memecylon edule in various cancer cell lines. Results showed the extract inhibited the gastric cancer cell growth in a dose-dependent manner, inducing apoptosis by mitochondrial dependent pathway.

Lesson no. 86 Gastro-intestinal diseases: -



INTRODUCTION

Gastrointestinal diseases refer to diseases involving the gastrointestinaltract, namely the esophagus, stomach, small intestine, large intestine&rectum&the accessory organs of digestion, the liver, gallbladder&pancreas.

Nabiﷺ's guidance about stomach: -

Do not eat nor drink in silver utensils: -

1. Narrated by Umme Salma رضى الله عنها that Nabi ﷺ said: "He who drinks in silver utensils is only filling his Abdomen with Hell Fire."

[Bukhari: 5634; Book. 74; English vol. 7; Book. 69; Hadees. 538]

Organs washed with zamzam water: -

2. It is reported on the authority of Malik Bin Sa'sa' that Nabi ﷺ said that (for Me) was brought a gold basin full of wisdom & faith & then the (part of the body) right from the upper end of the chest to the lower part of the abdomen was opened & it was washed with the water of Zamzam & then filled with wisdom & faith.

[Muslim: 164 B; Book. 1; English Book. 1; Hadees. 315]

If abdomen is healthy whole body will get healthy: -

3. Hazrat Abu Hurairah ﷺ says that Nabi ﷺ said, that the abdomen is like a pond from which tributaries branch out in all direction, if the abdomen is healthy the vessels take health within them & if abdomen is diseased then the vessel take disease within them.

[Al-Durr Al-Mansoor, Daar Qutni page. 1401]

Dying due to abdominal disease is a martyr (Shaheed): -

4. Narrated by Abu Hurairah ﷺ that Nabi ﷺ said: "He (a Muslim) who dies of an abdominal disease is a Martyr, & he who dies of plague is a Martyr".*[Bukhari: 5733; Book. 76; English vol. 7; Book. 71; Hadees. 629]*

In salah (namaz) there is Shifa: -

5. Narrated by Abu Hurairah ﷺ that once Nabi ﷺ set out early morning, also I did, & I prayed & sat, to this Nabi ﷺ turned & asked, do you have a stomach problem? I answered yes, to this Nabi ﷺ said: "Get up & pray (salah), for in Salah there is Shifa (cure).*[Ibn Ma-jah: 3585; Book. 31; English vol. 4; Book. 31, Hadees. 3458]*

Benefits of Miswaak: -

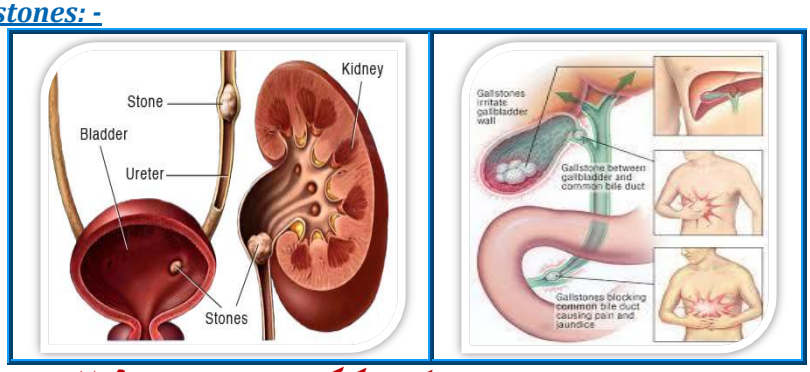
6. Hazrat Abdullah Bin Abbas رضی اللہ عنہما says that Rasoolullah ﷺ said that the ten benefits of Siwak (السواك) (Miswaak) are: -

- Brings good smell in mouth
- Makes eye sight stronger
- Reliefs inflammation
- Pleases Farishtaas (Angles)
- Is Neki (Sawaab)
- Makes gums stronger
- Removes phlegm
- It is Sunnah
- Pleases Allah Ta'ala
- Cleans the bowel

[Kanz al-Ummal: 26185]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

Dua for kidney & gall stones: -



وَإِنَّ مِنَ الْحِجَارَةِ لَمَا يَتَفَجَّرُ مِنْهُ الْأَنْهَارُ ۚ وَإِنَّ مِنْهَا لَمَا يَشَّقَّقُ فَيَخْرُجُ مِنْهُ الْمَاءُ ۚ وَإِنَّ مِنْهَا لَمَا يَهْبِطُ مِنْ خَشْيَةِ اللَّهِ ۗ وَمَا اللَّهُ بِغَافِلٍ عَمَّا تَعْمَلُونَ ﴿٧٤﴾

And indeed, there are stones out of which rivers gush forth, and indeed, there are of them (stones) which split asunder so that water flows from them, and indeed, there are of them (stones) which fall down for fear of Allahﷻ. And Allahﷻ is not unaware of what you do.

Drink the water after blowing the above ***Chapter No. 2 (Surah) Baqarah verse no. 74***for 21 times after Fajar & Isha prayer).

For Liver pain: -

اَلَّذِيْنَ اٰمَنُوْا وَتَطْمَئِنُّ قُلُوْبُهُمْ بِذِكْرِ اللّٰهِ ۗ اَلَا بِذِكْرِ اللّٰهِ تَطْمَئِنُّ الْقُلُوْبُ ﴿٢٨﴾

Those who believe (in the Oneness of Allahﷻ - Islamic Monotheism), and whose hearts find rest in the remembrance of Allahﷻ, Verily, in the remembrance of Allahﷻ do hearts find rest.

Recite the above *Chapter No. 13 (Surah) Ra'ad verse no. 28*for 41 times & blow on water & drink.*[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 12]*

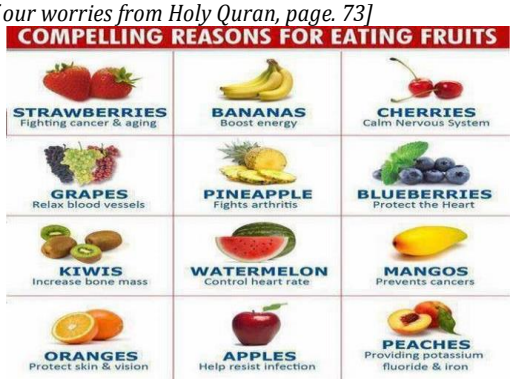
For Liver disorders & pain in Liver: -

تَبٰرَكَ اسْمُ رَبِّكَ ذِي الْجَلٰلِ وَالْاِكْرَامِ ﴿٧٨﴾

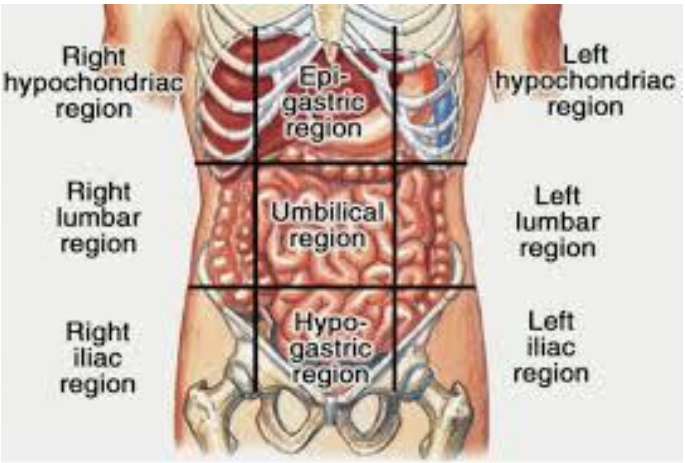
Blessed be the Name of your Lord (Allahﷻ), the Owner of Majesty and Honour.

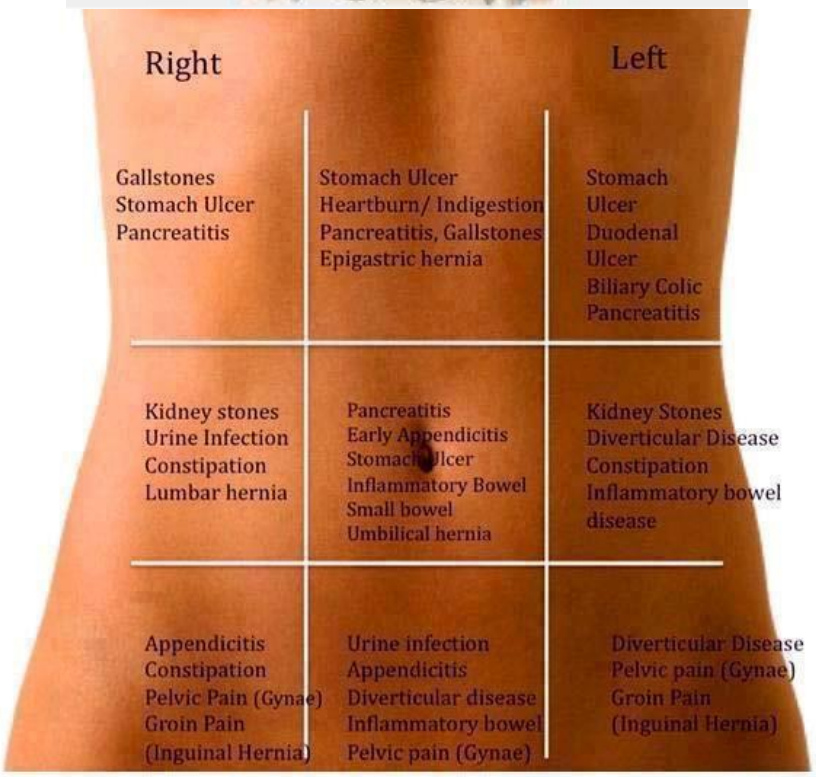
Recite the above ***Chapter No. 55 (Surah) Rahmaan verse no. 78***for 21 times & blow in water & drink it.

[Cures from Quran, by Idara page 61, & cure of our worries from Holy Quran, page. 73]



Stomach pain: -





وَاللّٰهُ اَخْرَجَكُمْ مِّنْۢ بُطُوْنِ اُمَّهٰتِكُمْ

And Allahﷻ has brought you out from the wombs of your mothers

Recite the above ***Chapter No. 16 (Surah) Nahl verse no. 78***for 21 times & blow on pinch of salt & lick the salt.

Also recite: لَا فِيهَا غَوْلٌ وَلَا هُمْ عَنْهَا يُنزَفُونَ ﴿٤٧﴾

Neither will they (obedient human to Allahﷻ) have Ghoul (any kind of hurt, abdominal pain, headache, a sin, etc.) from that, nor will they suffer intoxication therefrom.

Recite the above ***Chapter No. 37 (Surah) Saffaat verse no. 47***for 5 times & blow over the patient.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 72]

For indigestion: -

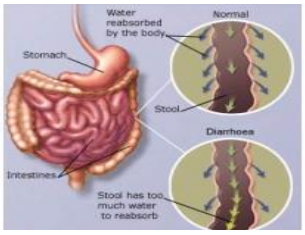
وَبِالْحَقِّ أَنزَلْنَاهُ وَبِالْحَقِّ نَزَلَ ۗ وَمَا أَرْسَلْنَاكَ إِلَّا مُبَشِّرًا وَنَذِيرًا ﴿١٠٥﴾

And with truth We have sent it down (i.e. the Quran), and with truth it has descended. And We have sent you (O Muhammadﷺ) as nothing but a bearer of glad tidings (of Paradise, for those who follow your Message of Islamic Monotheism), and a warner (of Hell-fire for those who refuse to follow your Message of Islamic Monotheism).

Recite the above ***Chapter No. 17 (Surah) Bani Israeelverse no. 105***for 7 times & blow on a pinch of salt & lick the salt.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 65]

Diarrhea: -



Honey useful in diarrhea: -

1. Hazrat Abu Saeed Al- Khudri ؓ said that Nabi ﷺ guided & insisted to a person, 4 times to use Honey (عسل) for his brother's illness, his brother was suffering from diarrhea (loose Motions), each time he came back with a complaint that motions are increasing (of his brother) & each time Rasoolullah ﷺ advised to give Honey (عسل) to his brother & on the fourth time Rasoolullah ﷺ said Allah ﷻ is the truth & your brother's stomach is lair. & again Honey (عسل) was given to him & the patient got well.

[Bukhari: 5684; Book. 76; English vol. 7; Book. 71; Hadees. 588]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

Quranic verse for diarrhea: -

إِنَّ اللَّهَ مَعَ الَّذِينَ اتَّقَوا وَّالَّذِينَ هُم مُّحْسِنُونَ ﴿١٢٨﴾

Truly, Allahﷻ is with those who fear Him (keep their duty unto Him), and those who are Muhsinun (good-doers, - see the footnote of V.9:120).

Recite the above ***Chapter No. 16 (Surah) Nahl verse no. 128***for 1000 times & blow on water than drink or make the patient to drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 90]

For excessive thirst: -

وَأَنزَلْنَا مِنَ السَّمَاءِ مَاءً بِقَدَرٍ فَأَسْكَنَّاهُ فِي الْأَرْضِ ۖ

And We sent down from the sky water (rain) in (due) measure, and We gave it lodging in the earth,

Recite the above ***Chapter No. 23 (Surah) Mu'minoon verse no. 18***for 7 times & blow on water & drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 91]

For Dysentery: -

Dysentery means infection of the intestines resulting in severe diarrhoea with the presence of blood & mucus in the faeces.

بِسۡمِ اللّٰهِ الرَّحۡمٰنِ الرَّحِيۡمِ

حٰمٓ ۚ﴿۱﴾ وَالۡكِتٰبِ الۡمُبِيۡنِ ۙ﴿۲﴾ اِنَّاۤ اَنۡزَلۡنٰهُ فِىۡ لَيۡلَةٍ مُّبٰرَكَةٍ اِنَّا كُنَّا
مُنۡذِرِيۡنَ ﴿۳﴾ فِيۡهَا يُفۡرَقُ كُلُّ اَمۡرٍ حَكِيۡمٍ ﴿۴﴾ اَمۡرًا مِّنۡ عِنۡدِنَا ؕ اِنَّا كُنَّا مُرۡسِلِيۡنَ ﴿۵﴾ رَحۡمَةً مِّنۡ رَّبِّكَ ؕ اِنَّهٗ هُوَ السَّمِيۡعُ
الۡعَلِيۡمُ ﴿۶﴾ رَبِّ السَّمٰوٰتِ وَالۡاَرۡضِ وَمَا بَيۡنَهُمَا ۘ اِنۡ كُنۡتُمۡ مُّوۡقِنِيۡنَ ﴿۷﴾ لَاۤ اِلٰهَ اِلَّا هُوَ يُحۡىٖ وَيُمِيۡتُ ؕ رَبُّكُمۡ وَرَبُّ
اٰبَآئِكُمُ الۡاَوَّلِيۡنَ ﴿۸﴾ بَلۡ هُمۡ فِىۡ شَكٍّ يَّلۡعَبُوۡنَ ﴿۹﴾ فَارۡتَقِبۡ يَوۡمَ تَاۡتِى السَّمَآءُ بِدُخَانٍ مُّبِيۡنٍ ۙ﴿۱۰﴾ يَّغۡشَى النَّاسَ ؕ هٰذَا
عَذَابٌ اَلِيۡمٌ ﴿۱۱﴾ رَبَّنَا اكۡشِفۡ عَنَّا الۡعَذَابَ اِنَّا مُؤۡمِنُوۡنَ ﴿۱۲﴾ اَنّٰى لَهُمُ الذِّكۡرٰى وَقَدۡ جَآءَهُمۡ رَسُوۡلٌ مُّبِيۡنٌ ۙ﴿۱۳﴾ ثُمَّ
تَوَلَّوۡا عَنۡهُ وَقَالُوۡا مُعَلَّمٌ مَّجۡنُوۡنٌ ﴿۱۴﴾ اِنَّا كَاشِفُوا الۡعَذَابِ قَلِيۡلًا اِنَّكُمۡ عَآئِدُوۡنَ ﴿۱۵﴾ يَوۡمَ نَبۡطِشُ الۡبَطۡشَةَ الۡكُبۡرٰى ۚ
اِنَّا مُنۡتَقِمُوۡنَ ﴿۱۶﴾

Ha-Mim. [These letters are one of the miracles of the Quran and none but Allahﷻ (Alone) knows their meanings]. By the manifest Book (this Quran) that makes things clear, We sent it (this Quran) down on a blessed night [(i.e. night of Qadr, Surah No: 97) in the month of Ramadan,, the 9th month of the Islamic calendar]. Verily, We are ever warning [mankind that Our Torment will reach those who disbelieve in Our Oneness of Lordship and in Our Oneness of worship]. Therein (that night) is decreed every matter of ordainments. Amran (i.e. a Command or this Quran or the Decree of every matter) from Us. Verily, We are ever sending (the Messengers), (As) a Mercy from your Lord. Verily! He is the All-Hearer, the All-Knower. The Lord of the heavens and the earth and all that is between them, if you (but) have a faith with certainty. La ilaha illa Huwa (none has the right to be worshipped but He). It is He Who gives life and causes death, your Lord and the Lord of your fore-fathers. Nay! They play in doubt. Then wait you for the Day when the sky will bring forth a visible smoke. Covering the people, this is a painful torment. (They will say): "Our Lord! Remove the torment from us, really we shall become believers!" How can there be for them an admonition (at the time when the torment has reached them), when a Messenger explaining things clearly has already come to them. Then they had turned away from him (Messenger Muhammad ﷺ) and said: "One (Muhammad ﷺ) taught (by a human being), a madman!" Verily, We shall remove the torment for a while. Verily! You will revert. On the Day when We shall seize you with the greatest grasp. Verily, We will exact retribution.

Write on a leaf or etc. full ***Chapter No. 44 (Surah) Dukhaan***& dip the leaf in water & drink that water.

Anorexia (Lack of hunger): -

1. Hazrat A'isha رضی اللہ عنہا says that whenever anyone complaint about anorexia (less hunger) to Nabi ﷺ, Nabi ﷺ use to advice to eat Talbinah (التلبينه), & use to say that by "Allahﷻ, (promise) who has my life in his right" & further said that Talbinah (التلبينه), will clear your guts (stomach, intestines &etc.) from unwanted elements, like you wash your face with water & water cleans the dirt from the face.

[An-Nasa'i: 7576, according to Al Maktaba Al Shamila]

The details given below are according is according to Ulama & Islamic Scholars.

Lack of appetite: -

وَالَّذِىۡ هُوَ يُطۡعِمُنِىۡ وَيَسۡقِيۡنِ ۙ﴿۷۹﴾ **"And it is He Who feeds me and gives me to drink.**

Recite the above ***Chapter No. 26 (Surah) Shau'raa verse no. 79***for 11 times & blow on food & eat it.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 92]

Loss of appetite: -

وَلَوۡلَا فَضۡلُ اللّٰهِ عَلَيۡكُمۡ وَرَحۡمَتُهٗ وَاَنَّ اللّٰهَ تَوَّابٌ حَكِيۡمٌ ﴿۱۰﴾

And had it not been for the Grace of Allahﷻ and His Mercy on you (He would have hastened the punishment upon you)! And that Allahﷻ is the One Who accepts repentance, the All-Wise.

Recite the above ***Chapter No. 24 (Surah) Noor verse no. 10***for 21 times & blow on water & drink or make the patient to drink.

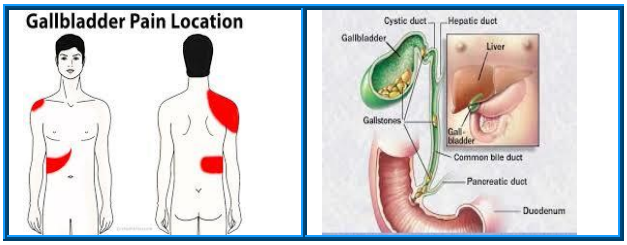
[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 66]

For excessive appetite: -

وَفِي السَّمَاءِ رِزْقُكُمْ وَمَا تُوعَدُونَ ﴿٢٢﴾

And in the heaven is your provision, and that which you are promised.
Recite the above ***Chapter No. 51 (Surah) Zariyaat verse no. 22***for 11 times & blow on water & drink before meals.
[Cures from the Quran a pocket Book by Muhammad Elahi page. 93]

For Gall Bladder diseases: -



الرَّحْمَٰنُ عَلَى الْعَرْشِ اسْتَوَىٰ ﴿٥﴾

The Most Beneficent (Allahﷻ) Istawa (rose over) the (Mighty) Throne (in a manner that suits His Majesty).
Recite the above ***Chapter No. 20 (Surah) Taha verse no. 5*** for 11 times & blow on water & drink or make the patient to drink.
[Cures from the Quran a pocket Book by Muhammad Elahi page. 95]

For Jaundice: -

سَبَّحَ لِلَّهِ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ ۖ وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿١﴾

Whatsoever is in the heavens and whatsoever is on the earth glorifies Allahﷻ. And He is the All-Mighty, the All-Wise.
Recite the above ***Chapter No. 59 (Surah) Hashar verse no. 1***for 101 times & blow on water & drink or make the patient to drink.
[Cures from the Quran a pocket Book by Muhammad Elahi page. 96]

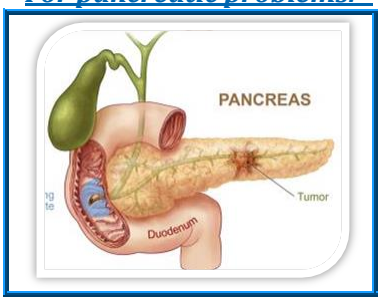
بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

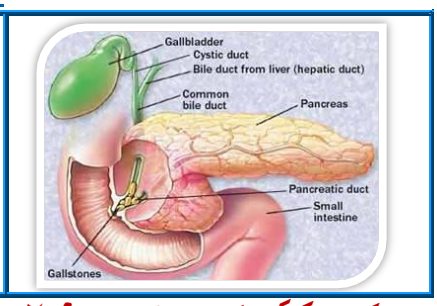
لَمْ يَكُنِ الَّذِينَ كَفَرُوا مِنْ أَهْلِ الْكِتَابِ وَالْمُشْرِكِينَ مُنفَكِّينَ حَتَّىٰ تَأْتِيَهُمُ الْبَيِّنَةُ ﴿١﴾ رَسُولٌ مِّنَ اللَّهِ يَتْلُو
صُحُفًا مُّطَهَّرَةً ﴿٢﴾ فِيهَا كُتُبٌ قَيِّمَةٌ ﴿٣﴾ وَمَا تَفَرَّقَ الَّذِينَ أُوتُوا الْكِتَابَ إِلَّا مِن بَعْدِ مَا جَاءَتْهُمُ الْبَيِّنَةُ ﴿٤﴾ وَمَا أُمِرُوا
إِلَّا لِيَعْبُدُوا اللَّهَ مُخْلِصِينَ لَهُ الدِّينَ حُنَفَاءَ وَيُقِيمُوا الصَّلَاةَ وَيُؤْتُوا الزَّكَاةَ وَذَٰلِكَ دِينُ الْقَيِّمَةِ ﴿٥﴾ إِنَّ الَّذِينَ
كَفَرُوا مِنْ أَهْلِ الْكِتَابِ وَالْمُشْرِكِينَ فِي نَارِ جَهَنَّمَ خَالِدِينَ فِيهَا ۚ أُولَٰئِكَ هُمْ شَرُّ الْبَرِيَّةِ ﴿٦﴾ إِنَّ الَّذِينَ آمَنُوا
وَعَمِلُوا الصَّالِحَاتِ أُولَٰئِكَ هُمْ خَيْرُ الْبَرِيَّةِ ﴿٧﴾ جَزَاؤُهُمْ عِندَ رَبِّهِمْ جَنَّاتُ عَدْنٍ تَجْرِي مِن تَحْتِهَا الْأَنْهَارُ خَالِدِينَ
فِيهَا أَبَدًا ۖ رَّضِيَ اللَّهُ عَنْهُمْ وَرَضُوا عَنْهُ ۚ ذَٰلِكَ لِمَنْ خَشِيَ رَبَّهُ ﴿٨﴾

Those who disbelieve from among the people of the Scripture (Jews and Christians) and among Al-Mushrikun, were not going to leave (their disbelief) until there came to them clear evidence. A Messenger (Muhammad ﷺ) from Allahﷻ, reciting (the Quran) purified pages [purified from Al-Batil (falsehood, etc.)]. Containing correct and straight laws from Allahﷻ. And the people of the Scripture (Jews and Christians) differed not until after there came to them clear evidence. (i.e. Prophet Muhammad ﷺ) and whatever was revealed to him). And they were commanded not, but that they should worship Allahﷻ, and worship none but Him Alone (abstaining from ascribing partners to Him), and perform As-Salat (Iqamat-as-Salat) and give Zakat: and that is the right religion. Verily, those who disbelieve (in the religion of Islam, the Quran and Prophet Muhammad ﷺ) from among the people of the Scripture (Jews and Christians) and Al-Mushrikun will abide in the Fire of Hell. They are the worst of creatures. Verily, those who believe [in the Oneness of Allahﷻ, and in His Messenger Muhammad ﷺ) including all obligations ordered by Islam] and do righteous good deeds, they are the best

of creatures. Their reward with their Lord is 'Adn (Eden) Paradise (Gardens of Eternity), underneath which rivers flow, they will abide therein forever, Allahﷻ Well-Pleased with them, and they with Him. That is for him who fears his Lord.
Recite the above ***full Chapter No. 98 (Surah) Baiyinah***& blown on water & drink also can be written on paper & made Tahveez & worn.
[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 86]

For pancreatic problems: -





وَإِنَّ مِنَ الْحِجَارَةِ لَمَا يَتَفَجَّرُ مِنْهُ الْأَنْهَارُ ۚ وَإِنَّ مِنْهَا لَمَا يَشَّقَّقُ فَيَخْرُجُ مِنْهُ الْمَاءُ ۚ وَإِنَّ مِنْهَا لَمَا يَهْبِطُ مِنْ خَشْيَةِ اللَّهِ ۗ وَمَا اللَّهُ بِغَافِلٍ عَمَّا تَعْمَلُونَ ﴿٧٤﴾

And indeed, there are stones out of which rivers gush forth, and indeed, there are of them (stones) which split asunder so that water flows from them, and indeed, there are of them (stones) which fall down for fear of Allahﷻ. And Allahﷻ is not unaware of what you do.
Recite the above ***Chapter No. 2 (Surah) Baqarah verse no.74***for 41 times & blow on water & drink or make the patient to drink daily.
[Cures from the Quran a pocket Book by idara page. 24]
For Navel dislocation (Naaf Hatna): -
(No reference found for this in Hadees).

ذَٰلِكَ تَخْفِيفٌ مِّن رَّبِّكُمْ وَرَحْمَةٌ ۗ

This is an alleviation and a mercy from your Lord.
Write the above ***Chapter No. 2 (Surah) Baqarah verse no. 178***on a piece of paper & tie on navel of the patient.
[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 69]
Treatment of Ascites (collection of water in abdomen): -

	1. Narrated by Hazrat Anas ؓ that Nabi ﷺ advised some people from Urainah to use camel's milk (اللبن)& its urine for dharibah (an abnormal fluid collection in abdomen) (ascities).

[Tirmizi: 1845; Book. 25, Hadees. 61; English vol. 3; Book. 23, Hadees. 1845]
(It is a part of Hadees).

Science & Hadees regarding gastro-intestinaldiseases: -

The whole abdomen is explain as pond in the Hadees; actually whatever we eat get digested in the intestines, & whole intestine has portal vein, called as portal system, through these veins the digested material is carried to liver, where the material is metabolized. If these veins carry healthy digested material to liver than health result else disease occurs.
Honey: -

	Honey offers incredible antiseptic, antioxidant & immune boosting properties for our body & health. It not only fights infection & helps tissue healing but also helps reduce inflammation & is often used for treating digestive problems such as Indigestion, stomach ulcers & gastroenteritis.

Researchers around the world are discovering new & exciting medical benefits of honey & other healing items produced in the hive such as propolis, royal jelly & bee pollen.
Honey is abluent & an aperient. It contains detergent & tonic properties that cleanse the arteries & bowels from impurities. It opens obstructions of the liver, kidney & bladder. It is also a general preservative & it helps to preserve the potency of other natural medicinal remedies. Honey also helps to break up excess moisture in the bowels, such as in diarrhea. Honey is superior to sugar in many respects & it is less sweet but stronger & if

taken excessively it can be harmful to the bile, unless it is mixed with vinegar. Honey is good for the aged; it is a cough suppressant & is used in medicine to treat phlegm in the stomach & to soften the general constitution of the body. Honey is also a curative for a depraved appetite & when taken as a drink mixed with hot water & a pomace made from sweet roses, it helps the treatment of rabies & is a safeguard from further infections.
Hazrat Abu Hurairah ﷺ says that Rasoolullah ﷺ said that any person who licks Honey (عسل) (Asal) in morning at least for 3 (ثلاث) days every month will not suffer from any Balah (البلاء) (illness) in that month (in which honey is taken).
[Ibn Ma-jah: 3576; Book. 31; English vol. 4; Book. 31, Hadees. 3450]
Honey is also used as detoxicant for drug users & as an antitoxin to treat accidental eating of poisonous plants of the nightshade family (Hyoscymus Niger), or wild fungus, among others. When taken as a drink mixed with hot water only, it helps as a remedy for dog bites. As a preservative, honey can be used to preserve meat for up to three months & is used in pickling cucumbers, squash, egg-plant & various kinds of fruits for up to six months. Known as "the trustworthy preservative", honey was also used as a principle ingredient in embalming the dead.
The study on pollens & spores in raw honey (melissopalynology) can determine floral sources of honey. Because bees carry an electrostatic charge & can attract other particles from nature.
Modern medicine has only recently discovered the fact that honey is a remedy to many diseases. Traditional uses of honey have included honey mixed with lemon for sore throats. Honey coats the throat & reduces throat irritation. Research shows that honey blocks growth of oral bacteria.
Honey has also been used for stomach pains & problems. Modern research shows that honey is effective when used in the treatment of gastric or peptic (stomach) ulcers. Research has also revealed that honey is effective in the treatment of various wounds & infections because of its anti-microbial (anti-bacterial, anti-viral & anti-fungal) properties.
Researchers are not absolutely sure why honey heals but they are learning new things about honey every day. As mentioned in the beginning, honey contains a variety of sugars & minerals. Honey is also considered an antioxidant. This means it allows the blood to circulate better & provide more oxygen to areas of the body such as the brain.
Honey can also be used externally to promote healing when applied to wounds, even post-operative wounds. Honey has also been effective in its use to treat burns. It has even been shown to be low in calories & useful as a sweetener for diabetics, people with heart disease or those overweight.
In Hadees it is mentioned that Barley cleans the digestive system, strengthens the Qalb (heart) &etc.: -
Scientists have found the following items during the chemical synthesis of barley- albuminoids, starch, fat, fiber, ash & water. Chemical composition shows that it contains the fat in the form of Leucosine Gluten Albumen, the compound of Nitrogen as palmatic Acid, Salicylic Acid & Phosphoric Acid. Besides, it contains Hypoxanthens. British Pharmacopoeia recommends Malt extract for internal use. It contains 4 % of protein, the enzymes for digestion of carbohydrates & vitamins. Some scientists say that Arsenic is present in barley grain.
Mechanism of Action Pharmacology: -
Gastrointestinal effects: Germinated Barley Foodstuff (GBF) is derived from the aleurone & scutellum fractions of germinated barley. GBF appears to induce proliferation of intestinal epithelial cells & facilitate defecation through bacterial production of short chain fatty acids, especially butyrate. GBF is believed to facilitate epithelial repair & suppress epithelial NFkB-DNA binding activity through butyrate (by the micro flora bifid bacterium & eubacterium). GBF has been associated with increased growth of these micro floras in the intestinal tract & varying amounts of total tocopherols & tocotrienols (49.9-67.6mg/kg) & vitamin E content (vitamin E equivalent; 15.7-20.1mg/kg). Barley products compose of different amylose-amylopectin ratios (7-44% amylose) have been reported to lower metabolic responses.
Article by Dr. Ahlaam on camel's milk & urine: -
Camel's urine is efficacious in the treatment of skin diseases such as ringworm, tinea & abscesses, sores that may appear on the body & hair & dry & wet ulcers. Camel's urine brings the secondary benefits of making the hair lustrous & thick & removing dandruff from the scalp. Camel's milk is also beneficial in treating hepatitis, even if it has reached an advanced stage where medicine is unable to treat it. End quote.
In the Al-Jazeerah Al-Sa'oodiyyah newspaper (issue no. 10132, Rabee' Al-Awwal 1421 AH) there is a quotation from the book Al-Ibn Asraar wai'jaaz (The camel: secrets & wonders) by Darmaan Ibn 'Abd Al-'Azeez Aal Darmaan & Sanad Ibn Mutlaq Al-Subay'i:
As for camel's urine, the book suggests that it has numerous uses which are beneficial for man. This is indicated by the Prophetic texts & confirmed by modern science. Scientific experiments have proven that camel's urine has a lethal effect on the germs that cause many diseases.
Among the uses of camel's urine, many women use it to wash their hair, to make it longer & to make it lighter & more lustrous. Camel's urine is also efficacious in the treatment of swelling of the liver & other diseases such as abscesses, sores that appear on the body & toothache & for washing eyes. End quote.

Prof. Dr. 'Abd Al-Fattaah Mahmoud Idrees says: With regard to the benefits of camel's urine in treating disease, Ibn Seena said in his book "Qanoon", The most beneficial of urine is the urine of the Bedouin camels known as Najeeb. Camel's urine is beneficial in treating Al-Hazaaz & it was said that Al-Hazaaz is a pain in the heart caused by anger & so on. Camel's urine, especially the urine of a young she-camel – is used as a cleansing substance to wash wounds & sores, to make the hair grow, to strengthen & thicken them & to prevent falling out & it is used to treat diseases of the scalp & dandruff. In a Master's thesis by an engineer in applied chemistry, Muhammad Awhaaj Muhammad, that was submitted to the faculty of applied chemistry in the Al-Jazeerah university in Sudan & approved by the Dean of science & postgraduate studies in the university in November 1998 CE, entitled A Study of the Chemical Composition & Some Medical Uses of the Urine of Arabian Camels, Muhammad Awhaaj says:

Laboratory tests indicate that camel's urine contains high levels of potassium, albuminous proteins & small amounts of uric acid, sodium & creatine.

In this study, he explained that what prompted him to study the medicinal properties of camel's urine was what he had seen of some tribesmen drinking this urine whenever they suffered digestion problems. He sought the help of some doctors in studying camel's urine. They brought a number of patients & prescribed this urine for them, for a period of two months. Their bodies recovered from what they had been suffering from, which proves the efficacy of camel's urine in treating some diseases of the digestive system.

Camel's urine acts as a slow-acting diuretic, but it does not deplete potassium & other salts as other diuretics do, because camel's urine contains a high level of potassium & proteins. It has also been proven to be effective against some types of bacteria & viruses. It gave improvement in the condition of twenty-five patients who used camel's urine for dropsy, without disrupting their potassium levels. Two of them were cured of liver pain & their liver function was restored to normal levels, as well as the tissue of the liver being improved. One of the medicines used to treat blood clots is a compound called Fibrinoltics which works by changing a substance in the body from its inactive form, Plasminogen, to its active form, Plasmin, in order to dissolve the substance that causes clotting, Fibrin. One of the components of this compound is called Urokinase, which is produced by the kidneys or from the urine, as indicated by the name "uro".

The dean of the Faculty of Medical Science in the Sudanese Al-Jazeerah university, Professor Ahmad 'Abd-Allaah Ahmadaani, has discovered a practical way of using camel's urine to treat dropsy & swelling in the liver. Its success has been proven in treating those who are affected by these diseases. He said in a seminar organized by Al-Jazeerah University:

The experiment began by giving each patient a daily dose of camel's urine mixed with camel's milk to make it palatable. Fifteen days after the beginning of the experiment, the patients' stomachs grew smaller & went back to their normal size.

He said that he examined the patients' livers with ultrasound before the study began & he found out that the livers of fifteen out of the twenty-five were in a cirrhotic state & some of them had developed cirrhosis of the liver as the result of bilharzia (a chronic disease, endemic in parts of Africa & South America, caused by infestation with blood flukes (schistosomes). All of the patients responded to treatment with camel's urine & some of them continued, by their own choice, to drink a dose of camel's urine every day for a further two months. At the end of that time, they were all found to be cured of cirrhosis of the liver. He said: Camel's urine contains a large amount of potassium, as well as albumen & magnesium, because the camel only drinks four times during the summer & once during the winter, which makes it retain water in its body so as to preserve the sodium & the sodium causes it not to urinate a great deal, because it keeps the water in the body.

He explained that dropsy (swelling of soft tissue with fluid collection) results from a deficiency of albumen or potassium & the urine of camels in rich in both of these.

He suggested that the best types of camels for using the urine as a remedy are young camels.

Dr. Ahlaam Al-'Awadi, a specialist in microbiology in the Kingdom of Saudi Arabia, supervised some scientific papers that dealt with her discoveries in the usage of camel's urine for medical treatment, such as the papers by 'Awaatif Al-Jadeedi & Manaal Al-Qattaan. During her supervision of the paper by Manaal Al-Qattaan, she succeeded in confirming the effectiveness of using a preparation made from camel's urine which was the first antibiotic produced in this manner anywhere in the world. Concerning the features of this new product, Dr. Ahlaam said: *It is not costly & it is easy to manufacture. It can be used to treat skin diseases such as eczema, allergies, sores, burns, acne, nail infections, cancer, hepatitis & dropsy (swelling of soft tissue with fluid collection) with no harmful side effects.*

And she said: Camel's urine contains a number of healing factors & kills bacteria that are present in it, salts & urea. The camel possesses an immune system that is highly equipped to combat funguses, bacteria & viruses, because it contains anti-bodies. It may also be used to treat blood clots & fibrinolytics may be derived from it & it may be used to treat dropsy (swelling of soft tissue with fluid collection) (which is caused by a deficiency in albumen & potassium, as camel's urine is rich in both). Camel's urine may also provide a remedy for abdominal complaints, especially those of the stomach & intestines, as well as asthma & shortness of breath. It brought a noticeable reduction in patients' sugar levels. It is a remedy for low libido & it aids in bone growth in children & in strengthening the heart muscles. It may be used as a cleansing agent for cleaning wounds & sores, especially the urine of young she-camels. It also helps the hair to grow & become strong & thick & it helps to prevent hair loss & baldness & can be used to treat dandruff. Camel's urine may also be used to combat disease by using bacteria

extracted from it. It was used to treat a girl who was suffering from an infection behind the ear that was accompanied by pus weeping from it & painful cracks & sores. It was also used to treat a girl who was unable to extend the fingers of her hands because of the presence of so many cracks & sores & whose face was almost black with pimples. Dr. Ahlaam said: *Camel's urine may also be used to treat the digestive system & to treat some cases of cancer. She stated that the research that she had undertaken on camel's urine proved that it was effective in destroying micro-organisms such as fungus, yeast & bacteria.*

Dr. Rahmah Al-Ulyaani, who is also from Saudi Arabia, carried out tests on rabbits infected with bacteria in the colon. She treated each group of rabbits with a different kind of medicine, including camel's urine. There was a noticeable regression in the rabbits that were treated with other medicines, except for camel's urine, which brought about a clear improvement.

Majallat Al-Jundi Al-Muslim, issue no. 118, 20 Dhu'l-Qa'dah 1425 AH; 1 January 2005 CE.

Allaah calls upon us to ponder the creation of the camel, as He says, (meaning): "Do they not look at the camels, how they are created?"

[Chapter No. 88 (Surah)Ghaashiyah verse no. 17]

This pondering is not limited to the outward form of the camel, or even to the inner workings of its body, rather it also includes that which we have discussed here, which is the benefits of the urine & milk of the camel. Modern scientific research is still discovering for us many of the wonders of this creature.

Lesson no. 87 Wet dreams, Pregnancy, Menstrual & other related problems: -

INTRODUCTION

Wet dream is an erotic dream causes by involuntary ejaculation of semen in sleeps. A nocturnal emission or wet dream is a spontaneous orgasm during sleep that includesejaculationfor a male or vaginal wetness or an orgasm (or both) for a female. Nocturnal emissions are most common during adolescence&early young adult years, but they may happen any time after puberty. It is possible for men to wake up during a wet dream or simply to sleep through it, but for women, some researchers have added the requirement that she should also awaken during the orgasm&perceive that the orgasm happened before it counts as a wet dream. Vaginal lubrication alone does not mean that the female had an orgasm.

Pregnancy is the state of carrying a developing embryo or fetus within the female body. This condition can be indicated by positive results on an over-the-counter urine test&confirmed through a blood test, ultrasound, detection of fetal heartbeat, or an X-ray. Pregnancy lasts for about nine months, measured from the date of the woman's last menstrual period (LMP). It is conventionally divided into three trimesters, each roughly three months long.

Menstrual cycle is the monthly flow of blood & cellular debris from uterus through vargina in women; it begins at puberty&last till menopause in women.

Nabiﷺ's guidance about wet dream, pregnancy: -

About Wet dreams: -

1. Narrated by A'isha رضی‌اللہ‌عنہا that Nabi ﷺ said: "If anyone wakes up & sees some wetness, but he does not think that he had an erotic dream, let him have a bath. But if he thinks that he had an erotic dream but he does not see any wetness, then he does not have to take a bath."*[Ibn Ma-jah: 655; Book. 1; English vol. 1; Book. 1, Hadees. 612]*
2. Abu Saeed Al-Khudri ؓ narrated that Nabi ﷺ said: Three things do not breakfast of the fasting person: Cupping, vomiting & wet dream.*[Tirmizi: 719; Book. 8, English vol.2; Book. 3, Hadees. 719]*
3. Narrated by Umme Salma رضی‌اللہ‌عنہا that a woman said: O! Rasoolullah ﷺ, Allahﷻ is not shy to tell the truth. Do women have to perform Ghusl if she has a wet dream?" He ﷺ said: "Yes, if she sees water." (Umme Salma laughed) & said: "Do women really have wet dreams?" Nabi ﷺ said: "How else would her child resemble her?" (That is, if she has an emission of the fluid of an orgasm).*[An-Nasa'i: 198; Book. 1; English vol. 1; Book. 1, Hadees. 197]*
4. Narrated by Khawlah Bin Hakim ؓ that "I asked Nabi ﷺ about a woman who has a wet dream & He ﷺ said: 'If she sees water, let her perform Ghusl."*[An-Nasa'i: 199; Book. 1; English vol. 1; Book. 1, Hadees. 198]*

Pregnancy: -

Eat Safarjal (Quince) in Pregnancy: -

1. Narrated by Abdullah Ibn Masood ؓ that Nabi ﷺ said: "Give your pregnant to eat Safarjal (السفرجل) (Quince) because it prevents Cardiac Problems (يجم الفؤاد) & makes the baby son beautiful (الولدويحسن).

[Al-Aasaar: 70, & Jamia ul Ahadees: 15779]

Why does a child resemble its father & why does it resemble its mother: -

2. Narrated by Anas ؓ that Abdullah Bin Salam heard the arrival of Nabi ﷺ at Madinah, he came to Nabi ﷺ & said: I am going to ask you about three things which nobody knows except a Prophet: What is the first portent of the Hour? What will be the first meal taken (eaten) by the people of Paradise? Why does a child resemble its father & why does it resemble its maternal uncle? Nabi ﷺ replied: "Jibrail has just now told me of their answers. The first portent of the Hour will be a fire that will bring together the people from the east to the west; the first meal of the people of Paradise will be Extra-lobe (caudate lobe) of fish-liver. As for the resemblance of the child to its parents: If a man has sexual intercourse with his wife & gets discharge first, the child will resemble the father & if the woman gets discharge first, the child will resemble her.*(It is a part of Hadees).*
[Bukhari: 3329; Book. 60; English vol. 4; Book. 55; Hadees. 546]

Science & Hadees regarding Quince: -

In Hadees, Quince is said to eaten on empty stomach it is good for the soul, (تُجِمُّ الْفُؤَادَ) means that Quince pleases / strengthens the heart, & opens the coagulation (if clots are there). والطغاء للقلب is meant for darkness, like clouds or a sand storm cover the clear sky which is theun-seen, so

Quince will do the same job for the heart, it will remove the blockage & the heart will be clear & healthy Inshaallah. Quince is astringent to the stomach&it checks excessive menstrual flow. A few seeds placed in water will, after a few minutes, will turn mucilage (thick sticky) which is an excellent remedy for cough & sore throat, especially in the young. Quince is also excellent for pregnant woman, gladdening their heart. The holy Prophet ﷺ said: "Eat Quince, for it sweetens the heart.

The best way to eat the quince is boiled or cooked in honey. The seeds of Quince (Safarjal) help against dryness in the throat, the windpipe & several other ailments. Its oil stops sweating & strengthens the stomach. Quince (Safarjal) jam strengthens the stomach & the liver & relieves the heart & the soul.

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

Quranic verse for progeny (children) & Male child: -

وَّيُمۡدِدۡكُمۡ بِاَمۡوَالٍ وَّبَنِيۡنَ وَيَجۡعَلۡ لَّكُمۡ جَنّٰتٍ وَّيَجۡعَلۡ لَّكُمۡ اَنۡهٰرًا ﴿۱۲﴾

And give you increase in wealth and children, and bestow on you gardens and bestow on you rivers."

Recite the above ***Chapter No. 71 (Surah) An-Nuh verse no. 12*** (Both husband & wife should recite it 41 times every day)*[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 19]*

Quranic verse to conceiving (to get pregnant): -

وَلِلّٰهِ مُلۡكُ السَّمٰوٰتِ وَالۡاَرۡضِ وَمَا بَيۡنَهُمَا ؕ يَخۡلُقُ مَا يَشَآءُ ؕ وَاللّٰهُ عَلٰى كُلِّ شَىۡءٍ قَدِيۡرٌ ﴿۱۷﴾

And to Allahﷻ belongs the dominion of the heavens and the earth, and all that is between them. He creates what He wills. And Allahﷻ is Able to do all things.

Recite above ***Chapter No. 5 (Surah) Al-Maida verse no. 17*** (Both husband & wife should repeat it 21 times after every prayer).

Or couple should recite the above verse 300 times daily for 41 days, blow on sweet thing & both must eat equal portion of the sweet.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 17]

To prevent abortion or miscarriage: -

اَللّٰهُ يَعۡلَمُ مَا تَحۡمِلُ كُلُّ اُنۡثٰى وَمَا تَغِيۡضُ الۡاَرۡحَامُ وَمَا تَزۡدَادُ ؕ وَكُلُّ شَىۡءٍ عِنۡدَهٗ بِمِقۡدَارٍ ﴿۸﴾

Allahﷻ knows what every female bears, and by how much the wombs fall short (of their time or number) or exceed. Everything with Him is in (due) proportion.

If the woman has a history of miscarriages or abortions then she must recite above ***Chapter No. 13 (Surah) Raad verse no. 8***daily once or more time, from pregnancy till delivery every day & blow on water & drink.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 18]

To have a male child: -

وَّيُمۡدِدۡكُمۡ بِاَمۡوَالٍ وَّبَنِيۡنَ وَيَجۡعَلۡ لَّكُمۡ جَنّٰتٍ وَّيَجۡعَلۡ لَّكُمۡ اَنۡهٰرًا ﴿۱۲﴾

'And give you increase in wealth and children, and bestow on you gardens and bestow on you rivers."

If only daughters are born to a couple & they want a son then both should recites the above ***Chapter No. 71 (Surah) Nuh verse no. 12***for 111 times for 9 months from pregnancy to till delivery.

[Cure of our worries from Holy Quran, by Muhammad Shafique page. 19]

To prevent infant mortacy & if a woman loses her new born child: -

وَنَجَّيۡنٰهُ وَاَهۡلَهٗ مِنَ الۡكَرۡبِ الۡعَظِيۡمِ ﴿۷۶﴾

And We rescued him and his family from the great distress

If a couple's children die in infancy, then female should recite ***Chapter No. 37 Surah Saffaat verse no. 76***for 11 times every morning & evening.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 21]

To have a female child: -

اَللّٰهُ يَعۡلَمُ مَا تَحۡمِلُ كُلُّ اُنۡثٰى وَمَا تَغِيۡضُ الۡاَرۡحَامُ وَمَا تَزۡدَادُ ؕ وَكُلُّ شَىۡءٍ عِنۡدَهٗ بِمِقۡدَارٍ ﴿۸﴾

Allahﷻ knows what every female bears, and by how much the wombs fall short (of their time or number) or exceed. Everything with Him is in (due) proportion.

The woman should recite the above ***Chapter No. 13 (Surah) Raad verse no. 8***for 21 times every day for five months from pregnancy & should blow on her Inshaallah a girl will be born.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 22]

To increase breast milk: -

وَاَوۡحَيۡنَاۤ اِلٰٓى اُمِّ مُوۡسٰٓى اَنۡ اَرۡضِعِيۡهِ ۚ فَاِذَا خِفۡتِ عَلَيۡهِ فَاَلۡقِيۡهِ فِى الۡيَمِّ وَلَا تَخَافِىۡ وَلَا تَحۡزَنِىۡ ۚ اِنَّا رَآدُّوۡهُ اِلَيۡكِ وَجَاعِلُوۡهُ مِنَ الۡمُرۡسَلِيۡنَ ۝٧

And We inspired the mother of Musaعليه السلام (Moses), (saying): "Suckle him [Musaعليه السلام (Moses)], but when you fear for him, then cast him into the river and fear not, nor grieve. Verily! We shall bring him back to you, and shall make him one of (Our) Messengers."

Lactating woman should recite the above ***Chapter No. 28 (Surah) Qasas verse no. 7***for 21 times for 21 days blow on water & drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 108]

Menstrual rules & problems: -

Rutab dates for Menstrual Problems: -

1. Hazrat Abu Hurairah ﷺ says that Nabi ﷺ said that in my knowledge Rutab (الرطب) (fresh ripen dates) are best remedy for excessive menstrual flow & Honey (العسل) is best for patients (المريض).

[Abu Nu-aim 459]

Waiting period after delivery: -

2. Hazrat Umme Salma رضى الله عنها says that at the time of Nabi ﷺ, women in postnatal bleeding (after child birth) use to wait for forty days & we used to put Warss (Memecylon) on our faces because of freckles, (except for one who became pure before that).

[Ibn Ma-jah: 692 & 693; Book. 1; English vol. 1; Book. 1, Hadees. 648 & 649].

About menstrual blood on cloth: -

3. Narrated by Asma Bint Abi Bakr رضى الله عنها that Nabi ﷺ was asked about menstrual blood that gets on clothing. He ﷺ said: 'Rub it off, wash it & perform prayer in (the garment).

[Ibn Ma-jah: 672; Book. 1; English vol. 1; Book. 1, Hadees. 629]

About Istihadah (non- menstrual bleeding): -

4. Narrated by A'isha رضى الله عنها that Fatimah Bint Abi Hubaish رضى الله عنها suffered from Istihadah (non-menstrual vaginal bleeding). Nabi ﷺ said to her: Menstrual blood is blood that is black & recognizable, so if it is like that, then stop praying & if it is otherwise, then perform Wazoo & pray."

[An-Nasa'i: 218; Book. 1; English vol. 1; Book. 1, Hadees. 217]

5. Narrated by A'isha رضى الله عنها: Umme Habibah Bint Jahsh رضى الله عنها suffered Istihadah (non-menstrual vaginal bleeding) for seven years. She complained to Nabi ﷺ & He ﷺ said: That is not menstruation; rather that is (bleeding from) a vein, so perform Ghusl then pray.

[An-Nasa'i: 204; Book. 1; English vol. 1; Book. 1, Hadees. 203]

One Can Perform Wazoo For Every Salah.

About vaginal bleeding: -

6. Narrated by A'isha رضى الله عنها that Umme Habibah Bint Jahsh رضى الله عنها who was married to Abdur Rahman Bin Awf ﷺ suffered from Istihadah (non-menstrual vaginal bleeding) & did not become pure. Her situation was mentioned to Nabi ﷺ & He ﷺ said: 'That is not menstruation, rather it is a kick in the womb, so let her work out the length of the menses that she used to have & stop praying (for that period of time), then after that (period) let her perform Ghusl for every prayer. A kick in the womb: in other narrations means: "*A kick from devil (Shaitaan)*," meaning that the devil (Shaitaan) uses it to confuse her about her religious commitment.

[An-Nasa'i: 211; Book. 1; English vol. 1; Book. 1, Hadees. 210]

About prolong menstrual bleeding: -

7. Muhammad Bin Usman asked Al-Qasim Bin Muhammad ﷺ about the woman who has a prolonged flow of blood. He replied: She should abandon prayer (salah) during her menstrual period, then wash & pray; & she should wash during her menstrual period.
[Abu Dawud: 303; Book. 1; English Book. 1; Hadees. 303]
8. Narrated by Ali ﷺ: The woman who has a prolonged flow of blood should wash herself every day when her menstrual period is over & take a woolen cloth greased with fat or oil (to tie over private parts).*[Abu Dawud: 302; Book. 1; English Book. 1; Hadees. 302]*

About irregular non-menstrual bleeding: -

9. Narrated by Adiyy Bin Sabit from his father, from his grandfather ﷺ, that Nabi ﷺ said: The woman who experiences irregular non-menstrual bleeding should leave prayer (salah) during the days of her period, then she should take a bath & perform ablution (wazoo) for each prayer & she should fast & perform the prayer.
[Ibn Ma-jah: 668; Book. 1; English vol. 1; Book. 1, Hadees. 625]

Use of musk after menstrual bath: -

10. Narrated by Hazrat A'isha رضی اللہ عنہا that an Ansari woman asked Nabi ﷺ how to take a bath after finishing from the menses. He ﷺ replied: Take a piece of cloth perfumed with musk & clean the private parts with it thrice. Nabi ﷺ felt shy & turned His Face. So I pulled her to me & told her what Nabi ﷺ meant.

[Bukhari: 315; Book. 6; English vol. 1; Book. 6; Hadees. 312]

Wait till white discharge as the end of menstrual cycle: -

11. Mother of AIqama Ibn Abi AIqama said: Women used to send little boxes to A'isha رضی اللہ عنہا(containing) a piece of cotton cloth in each one, in which was (use to be) yellowness from menstrual blood, asking her about the prayer. She (use to) told them: Do not be hasty until you see a white discharge. By that she meant purity from menses.*[Muwatta Malik: 129; Book. 2, English Book. 2, Hadees. 99]*

Menstrual cycle as a waiting period for separation of couple: -

12. Ibn Umar رضی اللہ عنہما said: Waiting period of a woman who separates herself from her husband for compensation is a menstrual period.*[Abu Dawud: 2230; Book. 13; English Book. 12; Hadees. 2222]*

Intercourse prohibited during periods with wife, if anyone does it so: -

13. Ibn Abbas رضی اللہ عنہما said: If one did intercourse in the beginning of the menses, (one should give to a needy) one dinar; in case one has intercourse towards the end of the menses & than half a dinar (should be given to a needy).*(It is prohibited during menses)*
[Abu Dawud: 265; Book. 1; English Book. 1; Hadees. 265]

About menstruating wives: -

14. Maimunah رضی اللہ عنہا said that Nabi ﷺ would contact & embrace any of his wives while she was menstruating. She would wear the wrapper up to half the thighs or cover her knees with it.
[Abu Dawud: 267; Book. 1; English Book. 1; Hadees. 267]
15. Narrated by Maimoonah رضی اللہ عنہا said that Nabi ﷺ would fondle one of his wives while she was menstruating, if she wore an Izar (waist wrap) that reached halfway down to the middle of her thighs or to her knees." In the narration of Al-Laith: "Being covered with it".*[An-Nasa'i: 289; Book. 1; English vol. 1; Book. 1, Hadees 288]*

Science & Hadees regarding intercourse: -

Intercourse prohibit during periods: -

Dr. Muhiy Al-Deen Al-'Alabi says that: "It is essential to refrain (prohibit) from having intercourse with a menstruating wife because doing this leads to an increase in the flow of menstrual blood, because the veins of the uterus are congested & prone to rupture & get damaged easily; & the wall of the vagina is also susceptible to injury, so the chances of inflammation are increased, which leads to inflammation in the uterus & in the man's penis, because of the irritation that occurs during intercourse. Having intercourse with a menstruating wife may also be off-putting to both the man & his wife, because of the smell of blood, which may make the man impotent.
Dr. Muhammad Al-Baar said, speaking of the harm that may cause to the menstruating wife if intercourse is done while menses: The lining of the uterus is shed off during menstruation & the uterus is scarred as a result, just like when the skin is flayed. So it is vulnerable to bacteria & the introduction of the bacteria that are to be found at the tip of the penis poses a great danger to the uterus. Hence the penetration of the penis into the vagina at the time of menstruation is no more than the introduction of germs at a time when the body is unable to fight them.
Dr. Al-Baar thinks that the harm is not limited to what he describes of the introduction of germs into the uterus & vagina which is difficult to treat; rather it also extends to other things, like : -
1. The spread of infection to the fallopian tubes, which may then become blocked, which in turn may lead to infertility or ectopic pregnancy, which is the most dangerous kind of pregnancy.
2. The spread of infection to the urethra, bladder & kidneys; diseases of the urinary tract are usually serious & chronic.
3. Increase of germs in the menstrual blood, especially gonorrhea germs.

The menstruating wife is also in a physical & psychological state that is not conducive to intercourse, so if it takes place it will harm her a great deal & cause her pains during her period, as Dr. Al-Baar said:

1. Menstruation is accompanied by pains, the severity of which varies from women to women. Most women experience pains in the back & lower abdomen. For some women the pain is unbearable & has to be treated with medication & painkillers.

2. Many women suffer depression & stress during their periods, especially at the beginning & their mental & intellectual state are at the lowest level during menstruation.

3. Some women suffer migraines just before their period starts & the pain is severe & causes visual disturbances & vomiting.

4. Women sexual desire decreases & many women have no interest at all in sex during their periods. The entire reproductive system is in a state that is prone to sickness, so intercourse at this time is not natural & serves no purpose, rather it can cause a great deal of harm.

5. Woman's temperature drops during menstruation, as does her pulse & blood pressure, which makes her feel dizzy, exhausted & lethargic.

Dr. Al-Baar also mentions that the harm is not only caused to the woman by having intercourse with her, rather men are also affected by this action, which may cause infection in his reproductive system which may lead to sterility as a result. The severe pains which are suffered as a result of this infection may be even worse than sterility it causes.

Please refer lesson no. 21 in Part-1 Rules about intercourse & wet dreams.

Science & Hadees regarding Warss (Memecylon tinctorium): -

(Please read lesson no. 55 Memecylon (Warss) in part-2)

Studies shows: -

• Anti-bacterial: Results showed the ethyl acetate & chloroform extracts of the plant with moderate anti-bacterial activity. Maximum activity was shown by the chloroform extract against Bacillus subtilis.

• Radical Scavenging / Anti-Inflammatory / Analgesic: The ethyl acetate extract showed the highest stimulation for interleukin-10 production; it also caused significant inhibition of the writhing response. The methanol fraction exhibited radical scavenging activity.

• Anti-microbial: Study of methanol extracts showed significant activity against gram-positive, gram-negative bacteria & fungus.

• Apoptogenic / Human Gastric Carcinoma: Study evaluated the anti-proliferative & apoptogenic activity of an ethyl acetate extract of leaves of Memecylon edule in various cancer cell lines. Results showed the extract inhibited the gastric cancer cell growth in a dose-dependent manner, inducing apoptosis by mitochondrial dependent pathway.

Dates: -

Dates are rich in fibers, it contains oil, calcium, sulphur, iron, potassium, phosphorous, manganese, copper & magnesium. In other words, one date is the equivalent of a balanced & healthy diet. So in excessive menstrual it prevents anaemia & replaces the body losses.

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

For irregular menstruation (menses): -

لَّآ اِلٰهَ اِلَّآ اَنْتَ سُبْحٰنَكَ ۖ اِنِّيْ كُنْتُ مِنَ الظّٰلِمِيْنَ ﴿٨٧﴾

La ilaha illa Anta [none has the right to be worshipped but You (O Allahﷻ)], Glorified (and Exalted) are You [above all that (evil) they associate with You]. Truly, I have been of the wrong-doers."

The lady should recite the above ***Chapter No. 21 (Surah) Ambiya verse no. 87*** for 341 times & blow on Zamzam water & drink daily.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 109]

For excessive menstruation: -

اِنَّآ اَعْطَيْنٰكَ الْكَوْثَرَ ﴿١﴾ فَصَلِّ لِرَبِّكَ وَانْحَرْ ﴿٢﴾ اِنَّ شَانِئَكَ هُوَ الْاَبْتَرُ ﴿٣﴾

Verily, We have granted you (O Muhammad ﷺ) Al-Kauthar (a river in Paradise) Therefore turn in prayer to your Lord and sacrifice (to Him only). For he who makes you angry (O Muhammad ﷺ), - he will be cut off (from every good thing in this world and in the Hereafter).

The lady should recite the above ***full Chapter No. 108 (Surah) Kausar*** for 303 times & blow on rain water & drink daily.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 110]

For autoerotism (to remove habit of masturbation): -

لَهُمُ الْبُشْرٰى فِي الْحَيٰوةِ الدُّنْيَا وَفِي الْاٰخِرَةِ ۖ لَا تَبْدِيْلَ لِكَلِمٰتِ اللّٰهِ ۖ ذٰلِكَ هُوَ الْفَوْزُ الْعَظِيْمُ ﴿٦٤﴾

For them are glad tidings, in the life of the present world(i.e. righteous dream seen by the person himself or shown to others), and in the Hereafter. No change can there be in the Words of Allahﷻ, this is indeed the supreme success.

Recite the above ***Chapter 10 (Surah) Yunus verse no. 64***daily before going to bed.*[Cures from the Quran a pocket Book by Muhammad Elahi page. 112]*

For excessive wet dreams (Ehtilaam): -

سَأَلَ سَآئِلٌۢ بِعَذَابٍ وَّاقِعٍ ۙ﴿۱﴾ لِّلْكٰفِرِيْنَ لَيْسَ لَهٗ دَافِعٌ ۙ﴿۲﴾ مِّنَ اللّٰهِ ذِى الْمَعَارِجِ ؕ﴿۳﴾ تَعْرُجُ الْمَلٰٓئِكَةُ وَالرُّوْحُ اِلَيْهِ فِىْ
يَوْمٍ كَانَ مِقْدَارُهٗ خَمْسِيْنَ اَلْفَ سَنَةٍ ۚ﴿۴﴾ فَاصْبِرْ صَبْرًا جَمِيْلًا ﴿۵﴾ اِنَّهُمْ يَرَوْنَهٗ بَعِيْدًا ۙ﴿۶﴾ وَّنَرٰىهُ قَرِيْبًا ؕ﴿۷﴾ يَوْمَ تَكُوْنُ
السَّمَآءُ كَالْمُهْلِ ۙ﴿۸﴾ وَتَكُوْنُ الْجِبَالُ كَالْعِهْنِ ۙ﴿۹﴾ وَلَا يَسْـَٔلُ حَمِيْمٌ حَمِيْمًا ۚۖ﴿۱۰﴾ يُّبَصَّرُوْنَهُمْ ؕ يَوَدُّ الْمُجْرِمُ لَوْ يَفْتَدِىْ مِنْ
عَذَابِ يَوْمِئِذٍۭ بِبَنِيْهِ ۙ﴿۱۱﴾ وَصَاحِبَتِهٖ وَاَخِيْهِ ۙ﴿۱۲﴾ وَفَصِيْلَتِهِ الَّتِىْ تُـْٔوِيْهِ ۙ﴿۱۳﴾ وَمَنْ فِى الْاَرْضِ جَمِيْعًا ۙ ثُمَّ يُنْجِيْهِ ۙ﴿۱۴﴾ كَلَّا ؕ
اِنَّهَا لَظٰى ۙ﴿۱۵﴾ نَزَّاعَةً لِّلشَّوٰى ۚۖ﴿۱۶﴾ تَدْعُوْا مَنْ اَدْبَرَ وَتَوَلّٰى ۙ﴿۱۷﴾ وَجَمَعَ فَاَوْعٰى ﴿۱۸﴾ اِنَّ الْاِنْسَانَ خُلِقَ هَلُوْعًا ۙ﴿۱۹﴾ اِذَا مَسَّهُ الشَّرُّ
جَزُوْعًا ۙ﴿۲۰﴾ وَّاِذَا مَسَّهُ الْخَيْرُ مَنُوْعًا ۙ﴿۲۱﴾ اِلَّا الْمُصَلِّيْنَ ۙ﴿۲۲﴾ الَّذِيْنَ هُمْ عَلٰى صَلَاتِهِمْ دَآئِمُوْنَ ۙ﴿۲۳﴾ وَالَّذِيْنَ فِىْٓ اَمْوَالِهِمْ حَقٌّ
مَّعْلُوْمٌ ۙ﴿۲۴﴾ لِّلسَّآئِلِ وَالْمَحْرُوْمِ ۙ﴿۲۵﴾ وَالَّذِيْنَ يُصَدِّقُوْنَ بِيَوْمِ الدِّيْنِ ۙ﴿۲۶﴾ وَالَّذِيْنَ هُمْ مِّنْ عَذَابِ رَبِّهِمْ
مُّشْفِقُوْنَ ۚ﴿۲۷﴾ اِنَّ عَذَابَ رَبِّهِمْ غَيْرُ مَاْمُوْنٍ ﴿۲۸﴾ وَالَّذِيْنَ هُمْ لِفُرُوْجِهِمْ حٰفِظُوْنَ ۙ﴿۲۹﴾ اِلَّا عَلٰٓى اَزْوَاجِهِمْ اَوْ مَا مَلَكَتْ
اَيْمَانُهُمْ فَاِنَّهُمْ غَيْرُ مَلُوْمِيْنَ ۚ﴿۳۰﴾ فَمَنِ ابْتَغٰى وَرَآءَ ذٰلِكَ فَاُولٰٓئِكَ هُمُ الْعٰدُوْنَ ۚ﴿۳۱﴾ وَالَّذِيْنَ هُمْ لِاَمٰنٰتِهِمْ وَعَهْدِهِمْ
رٰعُوْنَ ۙ﴿۳۲﴾ وَالَّذِيْنَ هُمْ بِشَهٰدٰتِهِمْ قَآئِمُوْنَ ۙ﴿۳۳﴾ وَالَّذِيْنَ هُمْ عَلٰى صَلَاتِهِمْ يُحَافِظُوْنَ ؕ﴿۳۴﴾ اُولٰٓئِكَ فِىْ جَنّٰتٍ
مُّكْرَمُوْنَ ۚ﴿۳۵﴾ فَمَالِ الَّذِيْنَ كَفَرُوْا قِبَلَكَ مُهْطِعِيْنَ ۙ﴿۳۶﴾ عَنِ الْيَمِيْنِ وَعَنِ الشِّمَالِ عِزِيْنَ ﴿۳۷﴾ اَيَطْمَعُ كُلُّ امْرِئٍ مِّنْهُمْ
اَنْ يُّدْخَلَ جَنَّةَ نَعِيْمٍ ۙ﴿۳۸﴾ كَلَّا ؕ اِنَّا خَلَقْنٰهُمْ مِّمَّا يَعْلَمُوْنَ ﴿۳۹﴾ فَلَآ اُقْسِمُ بِرَبِّ الْمَشٰرِقِ وَالْمَغٰرِبِ اِنَّا لَقٰدِرُوْنَ ۙ﴿۴۰﴾ عَلٰٓى
اَنْ نُّبَدِّلَ خَيْرًا مِّنْهُمْ ۙ وَمَا نَحْنُ بِمَسْبُوْقِيْنَ ﴿۴۱﴾ فَذَرْهُمْ يَخُوْضُوْا وَيَلْعَبُوْا حَتّٰى يُلٰقُوْا يَوْمَهُمُ الَّذِىْ
يُوْعَدُوْنَ ۙ﴿۴۲﴾ يَوْمَ يَخْرُجُوْنَ مِنَ الْاَجْدَاثِ سِرَاعًا كَاَنَّهُمْ اِلٰى نُصُبٍ يُّوْفِضُوْنَ ۙ﴿۴۳﴾ خَاشِعَةً اَبْصَارُهُمْ تَرْهَقُهُمْ ذِلَّةٌ ؕ
ذٰلِكَ الْيَوْمُ الَّذِىْ كَانُوْا يُوْعَدُوْنَ ۚ﴿۴۴﴾

A questioner asked concerning a torment about to befall**Upon the disbelievers, which none can avert, From Allah(ﷻ), the Lord of the ways of ascent. The angels and the Ruh [Jibrael (Gabriel)] ascend to Him in a Day the measure whereof is fifty thousand years, So be patient (O Muhammad(ﷺ)), with a good patience. Verily! They see it (the torment) afar off, But We see it (quite) near. The Day that the sky will be like the boiling filth of oil, (or molten copper or silver or lead, etc.). And the mountains will be like flakes of wool, And no friend will ask of a friend, Though they shall be made to see one another [(i.e. on the Day of Resurrection), there will be none but see his father, children and relatives, but he will neither speak to them nor will ask them for any help)], - the Mujrim, (criminal, sinner, disbeliever, etc.) would desire to ransom himself from the punishment of that Day by his children. And his wife and his brother, And his kindred who sheltered him, And all that are in the earth, so that it might save him. By no means! Verily, it will be the Fire of Hell! Taking away (burning completely) the head skin! Calling: "[O Kafir (O disbeliever in Allah(ﷻ), His angels, His Book, His Messengers, Day of Resurrection and in Al-Qadar (Divine Preordainments), O Mushrik (O polytheist, disbeliever in the Oneness of Allah(ﷻ))] (all) such as turn their backs and turn away their faces (from Faith) [picking and swallowing them up from that great gathering of mankind (on the Day of Resurrection) just as a bird picks up a food-grain from the earth with its beak and swallows it up] [Tafsir Al-Qurtubi, Vol. 18, Page 289] And collect (wealth) and hide it (from spending it in the Cause of Allah(ﷻ)). Verily, man (disbeliever) was created very impatient; Irritable (discontented) when evil touches him; And niggardly when good touches him; Except those devoted to Salat (prayers) Those who remain constant in their Salat (prayers); And those in whose wealth there is a known right, For the beggar who asks, and for the unlucky who has lost his property and wealth, (and his means of living has been straitened); And those who believe in the Day of Recompense, And those who fear the torment of their Lord, Verily! The torment of their Lord is that before which none can feel secure, And those who guard their chastity (i.e. private parts from illegal sexual acts). Except with their wives and the (women slaves and captives) whom their right hands possess, for (then) they are not to be blamed, But whosoever seeks beyond that, then it is those who are trespassers. And those who keep their trusts and covenants; And those who stand firm in their testimonies; And those who guard their Salat (prayers) well. Such shall dwell in the Gardens (i.e. Paradise) honoured. So what is the matter with**

those who disbelieve that they hasten to listen from you (O Muhammad ﷺ), in order to belie you and to mock at you, and at Allahﷻ's Book (this Quran). (Sitting) in groups on the right and on the left (of you, O Muhammad ﷺ)? Does every man of them hope to enter the Paradise of delight? No, that is not like that! Verily, We have created them out of that which they know! So I swear by the Lord of all [the three hundred and sixty (360)] points of sunrise and sunset in the east and the west that surely We are Able To replace them by (others) better than them; and We are not to be outrun. So leave them to plunge in vain talk and play about, until they meet their Day which they are promised. The Day when they will come out of the graves quickly as racing to a goal, With their eyes lowered in fear and humility, ignominy covering them (all over)! That is the Day which they were promised!
Recite the above ***full Chapter No. 70 (Surah) Ma'arij***daily before going to bed.
[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 84]

Lesson no. 88 Children related guidance's: -

Nabiﷺ's guidance about new born & children: -

Tahneek: -

It is to put a date or something sweet in our mouth & chew it a little, than put the date or the sweet thing into new born's mouth & rub the date at upper palate of new born's mouth for a while.

About Tahneek: -

1. A'isha رضی اللہ عنہا reported that the new-born infants were brought to Rasoolullahﷺ & He ﷺblessed them & rubbed their palates with dates.*[Muslim: 2147; Book. 38; English Book. 25; Hadees. 5347]*

2. Hazrat Asma Bint Abu Bakr رضی اللہ عنہا gave birth to a son (in Quba), this birth was the first birth in Muslim society, Means, that time the Yahudis of Madinah had challenged the Muslims, that due to their Black magic none Muslim lady will give birth to any child, on the birth of her son (Abdullah Bin Zubair ؓ) all Muslims gathered & sang slogans of Takbir loudly. Hazrat Asma Bint Abu Bakr رضی اللہ عنہا took the infant to Rasoolullah ﷺ,

Rasoolullah ﷺ took the infant in His respected Laps & called for Tamar (تمر) (dates) & chewed the dates & put His respected saliva in the mouth of the child so that the first thing entered the child stomach was saliva of Nabi ﷺ. He ﷺ than pat the chewed date into the infant's mouth & rubbed it on the upper palate of the infant & prayed for Barkat.

[Bukhari: 5469; Book. 71; English vol. 7, Book. 66; Hadees. 378]

Some things are taken from other Hadees, from the same narration. The above act of dates to be spatted & rubbed on infant's upper palate is called as TAHNEEK

3. Hazrat Abu Moosa Ashari ؓ says that Tahneek was done by Nabi ﷺ to his infant, & also Rasoolullah ﷺ named his infant as Ibrahim(ابراهيم).*[Bukhari: 5467; Book. 71; English vol. 7, Book. 66; Hadees. 376]*

Salah (namaz) cut short due to children cry: -

4. Narrated by Abdullah Bin Abi Qatadah ؓ that my father says that Nabi ﷺ said: When I stand for prayer, I intend to prolong it but on hearing the cries of a child, I cut it short, as I dislike troubling the child's mother.

[Bukhari: 707; Book. 10; English vol. 1; Book. 11; Hadees no. 675]

(This is regarding offering Salah by Jamaat).

Offering Salaam to children is Sunnah: -

5. Anas Ibn Malik ؓ said that Nabi ﷺ came to some children who were playing: He ﷺ offered Salam to them.

[Abu Dawud: 5202; Book. 43; English Book. 42; Hadees. 5183]

Be kind to children & teach manner to them: -

6. Anas Bin Malik ؓ narrated that Nabi ﷺ said: Be kind to your children & perfect their manners.

[Ibn Ma-jah: 3671; Book. 33; English vol. 5; Book. 33, Hadees. 3671]

Child cannot be punished for his mother's crime: -

7. Narrated by Tariq Al-Muharibi ؓ that he saw Nabi ﷺ raising His Hands until I saw the whiteness of His Armpits, saying: 'No child should be punished because of his mother's crime, no child should be punished because of his mother's crime."

[Ibn Ma-jah: 2772; Book. 21; English vol. 3; Book. 21, Hadees. 2670]

If children die before puberty: -

8. Narrated by Anas ؓ that Nabi ﷺ said: A Muslim whose three children die before the age of puberty will be granted Paradise by Allahﷻ due to his mercy for them.

[Bukhari: 1248; Book. 23; English vol. 2; Book. 23; Hadees. 340]

Children can do Hajj: -

9. Narrated by Ibn Abbas رضى الله عنهما that "A woman lifted a child up to Nabi ﷺ & asked: Is there Hajj for this one?' He ﷺ said: 'Yes & you will be rewarded.*[An-Nasa'i: 2647; Book. 24; English vol. 3; Book. 24, Hadees. 2648]*

Maintain equality amongst children: -

10. Narrated by An-Nu'man Ibn Bashir ؓ that Nabi ﷺ said: Act equally between your children; Act equally between your sons.

[Abu Dawud: 3544; Book. 24; English Book. 23; Hadees. 3537]

Mercy on children: -

11. Anas Ibn Malik ؓ said: A woman came to A'isha رضى الله عنها&she gave her three dates. The woman gave each of her two children a date & kept one date for herself. The children ate the two dates & then looked at their mother. She took her date & split it into two & gave each child a half of it. Nabi ﷺ came & A'isha رضى الله عنهاtold Him ﷺ about it. He ﷺ said: Are you surprised at that? Allahﷻ will show her mercy because of her mercy towards her child.

[Al-Adab Al-Mufrad: 89; Book. 5, English Book. 5, Hadees. 89]

Name the child on 7th day, shave hairs & do Aqiqah (scarifying animal): -

12. Narrated by Amr Bin Shu'aib ؓ from his father, from his grandfather that Nabi ﷺ ordered naming the child on the seventh day, removing the harm from him & Al-'Aqq (removing the hair & slaughtering the animal for 'Aqiqah).

[Tirmizi: 3066; Book. 43, English vol. 5; Book. 41, Hadees. 2832]

Science & Tahneek: -

Please refer lesson no. 33 Dates in part -2.

Nabi ﷺ use to do Tahneek, this is a Sunnah, which we should do it. Now days, new born suffer from juvilian diabetes & lack of glucose, which causes brain damage of new born, by this Sunnah we can solve many problems of new born.

Weaning: -

The Weaning means to start with feeding habit to an infant, who was on breast feeding only, means it is advised that at 6th month of age we should start with liquid, semi-solid than soft diet followed by normal diet.

Weanling: - is an infant on whom weaning is done.

We can start our infant weaning with Sunnah items like: (Weaning is not mentioned is Tibb-e-Nabawi ﷺ, the below are all time Sunnah for all ages so this is advised by the author that we can try weaning with below).

- Nabiz
- Raisin water
- Barley Sattu water
- Giving the infant to chew dates
- Fruits or fruit juices or dip fruit in water&make them to drink this water
- Beet root water
- Honey water
- Barley water
- Goats milk with water
- Lentils (Masoor Dal) water

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

To wean a child: -

وَالسَّمَآءِ ذَاتِ الْبُرُوْجِ ۙ﴿۱﴾

By the heaven, holding the big stars.

Write down the above ***Chapter No. 85 (Surah) Buruj verse no. 1*** & prepare a Tahveez & make the child to wear it.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 85]

About Nabiz: -

According to many references & scholars, Nabi ﷺ liked Nabiz very much. Nabiz is syrup prepared by dates or raisins soaked overnight in water & this syrup (sharbat) should be drunk & this is called as Nabiz. But do not soak two types of dates together nor dates with raisins.

Please refer lesson no. 30 Grapes & dried grapes & lesson no. 33 Dates in part -2 to know more about Nabiz.

For weak looking structure (body): -

وَكَذٰلِكَ مَكَّنَّا لِيُوْسُفَ فِي الْاَرْضِ ۚ يَتَبَوَّاُ مِنْهَا حَيْثُ يَشَآءُ ۭ نُصِيْبُ بِرَحْمَتِنَا مَنْ نَّشَآءُ وَلَا نُضِيْعُ اَجْرَ الْمُحْسِنِيْنَ ﴿۵۶﴾

Thus did We give full authority to Yusuf (Joseph) in the land, to take possession therein, as when or where he likes. We bestow of Our Mercy on whom We please, and We make not to be lost the reward of Al-Muhsinun (the good doers - see V.2:112).

If a child is weak or having prominence of bones or weak recite the above ***Chapter No. 12 (Surah) Yusuf verse no. 56*** for 41 times for 21 days with Durood Shareef in beginning & end.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 115]

For science & Hadees regarding grapes & dates refer their lesson no. 30&33.

Nazar (evil eye) in pediatrics: -

Nazar (evil eye) in pediatrics are very common. Please refer lesson no.10 Nazar (evil eye) & lesson no. 11 Treatment of Nazar (evil eye) in part-1 for detail understanding & treatment.

Evil mentioned in Quran Chapter No. 68 (Surah) Qalam verse no. 51: -

وَاِنْ يَّكَادُ الَّذِيْنَ كَفَرُوْا لَيُزْلِقُوْنَكَ بِاَبْصَارِهِمْ لَمَّا سَمِعُوا الذِّكْرَ وَيَقُوْلُوْنَ اِنَّهٗ لَمَجْنُوْنٌ ﴿۵۱﴾

And verily, those who disbelieve would almost make you slip with their eyes through hatredness when they hear the Reminder (the Quran), and they say: "Verily, he (Muhammad ﷺ) is a madman!"
Furthermore, Allahﷻ Says in ***Chapter No. 113 (Surah) Falaq: -***

بِسۡمِ اللّٰهِ الرَّحۡمٰنِ الرَّحِيۡمِ

قُلۡ اَعُوۡذُ بِرَبِّ الۡفَلَقِ ۙ﴿۱﴾ مِنۡ شَرِّ مَا خَلَقَ ۙ﴿۲﴾ وَمِنۡ شَرِّ غَاسِقٍ اِذَا وَقَبَ ۙ﴿۳﴾ وَمِنۡ شَرِّ النَّفّٰثٰتِ فِى الۡعُقَدِ ۙ﴿۴﴾ وَمِنۡ شَرِّ حَاسِدٍ اِذَا حَسَدَ ﴿۵﴾

Say: "I seek refuge with (Allahﷻ) the Lord of the daybreak, "From the evil of what He has created; "And from the evil of the darkening (night) as it comes with its darkness; (or the moon as it sets or goes away). "And from the evil of the witchcrafts when they blow in the knots, "And from the evil of the envier when he envies."

When Afflicted with Nazar: -

Following Dua of Nabi ﷺ can be recited: -

بِسۡمِ اللّٰهِ اَللّٰهُمَّ أَذۡهِبۡ عَنۡهُ حَرَّهَا وَبَرۡدَهَا وَوَصَبَهَا

In the name of Allahﷻ, oh! Allahﷻ remove it's (the Nazar) heat, its cold & its pain.

Than after recite: - قُمۡ بِإِذۡنِ اللّٰهِ

[Hisnul Hasin (English by Muhammed Rafiq)]

When Afflicted by Jinn & Evil Spirits: -

The afflicted person should be made to sit down & the following verses of the Quranmentioned in lesson no. 8&Dua in lesson no. 5 to 7 of part-1 should be recited in front of him & blown on him: -

Duration of breast feeding: -

In Quran it is mentioned that period for breastfeeding is up to 2 years.

Chapter No. 2 (Surah) Baqarah verse no. 233:-

وَالۡوَالِدٰتُ يُرۡضِعۡنَ اَوۡلَادَهُنَّ حَوۡلَيۡنِ كَامِلَيۡنِ لِمَنۡ اَرَادَ اَنۡ يُّتِمَّ الرَّضَاعَةَ ؕ وَعَلَى الۡمَوۡلُوۡدِ لَهٗ رِزۡقُهُنَّ وَكِسۡوَتُهُنَّ بِالۡمَعۡرُوۡفِ ؕ لَا تُكَلَّفُ نَفۡسٌ اِلَّا وُسۡعَهَا ۚ لَا تُضَآرَّ وَالِدَةٌۢ بِوَلَدِهَا وَلَا مَوۡلُوۡدٌ لَّهٗ بِوَلَدِهٖ ۗ وَعَلَى الۡوَارِثِ مِثۡلُ ذٰلِكَ ۚ فَاِنۡ اَرَادَا فِصَالًا عَنۡ تَرَاضٍ مِّنۡهُمَا وَتَشَاوُرٍ فَلَا جُنَاحَ عَلَيۡهِمَا ؕ وَاِنۡ اَرَدۡتُّمۡ اَنۡ تَسۡتَرۡضِعُوۡۤا اَوۡلَادَكُمۡ فَلَا جُنَاحَ عَلَيۡكُمۡ اِذَا سَلَّمۡتُمۡ مَّاۤ اٰتَيۡتُمۡ بِالۡمَعۡرُوۡفِ ؕ وَاتَّقُوا اللّٰهَ وَاعۡلَمُوۡۤا اَنَّ اللّٰهَ بِمَا تَعۡمَلُوۡنَ بَصِيۡرٌ ﴿۲۳۳﴾

The mothers shall give suck to their children for two whole years, (that is) for those (parents) who desire to complete the term of suckling, but the father of the child shall bear the cost of the mother's food and clothing on a reasonable basis. No person shall have a burden laid on him greater than he can bear. No mother shall be treated unfairly on account of her child, nor father on account of his child. And on the (father's) heir is incumbent the like of that (which was incumbent on the father). If they both decide on weaning, by mutual consent, and after due consultation, there is no sin on them. And if you decide on a foster suckling-mother for your children, there is no sin on you, provided you pay (the mother) what you agreed (to give her) on reasonable basis. And fear Allahﷻ and know that Allahﷻ is All-Seer of what you do.

Refer lesson no. 63 milk in part-2.

Age	Nighttime Sleep	Daytime Sleep *	Total Sleep
1 month	8 1/2	7 (3)	15 1/2
3 months	10	5 (3)	15
6 months	11	3 1/4 (2)	14 1/4
9 months	11	3 (2)	14
12 months	11 1/4	2 1/2 (2)	13 3/4
18 months	11 1/4	2 1/4 (1)	13 1/2
2 years	11	2 (1)	13
3 years	10 1/2	1 1/2 (1)	12
*Note: number of naps in parentheses			

Lesson no. 89 Skin related guidances: -

INTRODUCTION

In this lesson there are skin guidance taught by our Prophet ﷺ & Quranic.

Juzaam & Barss (both means leprosy like Skin disease) &Bayadh isvitiligo; Barss means leprosy or destructive infection of skin & its layers.

Nabi ﷺ's guidance about skin: -

Hijamah on Wednesday can cause skin diseases: -

1. Hazrat Ibn Umar رضی اللہ عنہما said: 'O Nafi'! The blood is boiling in me. Bring me a cupper but let it be someone gentle if you can & let him be a young man, not an old man or a boy, for I heard' Nabi ﷺ saying that Hijamah (الحجامة) on empty stomach is best, in it is cure & blessings, it improves intellect & memory & further said do (undergo) Hijamah (الحجامة) yourselves with blessings of Allah ﷻ on thursday & keep away from Hijamah (الحجامة) on wednesday, friday, saturday & sunday (to be safe) & said perform Hijamah (الحجامة) on monday & tuesday for it is the days Allah ﷻ saved (Prophet) Ayyub (عليه السلام) from a trail (aazmaeesh) & he was inflicted with the trail on wednesday & said, You will not find (skin diseases like) Juzaam & Barss, except on Wednesday (or Wednesday night).

[Ibn Ma-jah: 3616 & 3617; Book. 31; English vol. 4; Book. 31, Hadees. 3487 & 3488]

Please note many scholars advice not to shave unwanted hairs on Wednesday.

Avoid cupping on Wednesday: -

2. Hazrat Abu Hurairah رضی اللہ عنہ says that "Who undergoes Hijamah (الحجامة) on Wednesday & if, he suffers from (skin diseases like) Barss (برص) or Bayadh (بياض) (Vitiligo), than he should scold himself.

[Musnad Bazzar: 3022]

Please note many scholars advice not to shave unwanted hairs on Wednesday. Please refer lesson no. 17 Wet cupping (Hijamah) in part 2 for detail study.

Dua for protection from major skin disease: -

Narrated by Anas Ibn Malik رضی اللہ عنہ that Nabi ﷺ used to say (pray / recite):

اَللّٰهُمَّ إِنِّي أَعُوْذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُوْنِ وَالْجُذَامِ وَمِنْ سَيِّئِ الْأَسْقَامِ

"O Allah ﷻ, I seek refuge in Thee from leprosy, madness, elephantiasis & evil diseases".*[Abu Dawud: 1554; Book. 8; English Book. 8; Hadees. 1549]*

Ajwah dates cure leprosy (Juzaam): -

4. Hazrat A'isha رضی اللہ عنہا says that Nabi ﷺ guided to use 7 Ajwah dates (عجوة) of Madinah (المدينه) for 7 days; this helps in curing Juzaam (الجذام).*[Abu Nu-aim: 899]*

(Juzaam is Leprosy (kodh) or a severe infectious skin disease).

Olive oil cure for 70 diseases including leprosy (Juzaam): -

5. Hazrat Abu Hurairah رضی اللہ عنہ says that, Rasoolullah ﷺ said: Eat Olive oil (Zait) (زيت) & massage (with it), in it, there is cure for 70 diseases, including Juzaam (الجذام) (leprosy) (kodh).*(Abu Nu-aim/Al-Zait: 684)*

Avoid looking excessively to leprosy patient: - -

6. Narrated by Ibn Abbas رضی اللہ عنہما that Nabi ﷺ said: Do not keep looking at those who have leprosy (الْمَجْذُومِينَ).

[Ibn Ma-jah: 3672; Book. 31; English vol. 4; Book. 31, Hadees. 3543]

Serving leprosy patient: -

7. Narrated by Jabir ﷺ that Nabi ﷺ took a man who was suffering from tubercular leprosy, by His Hand; He ﷺ then put it along with His ﷺ own Hand in the dish & said: كُلْ ثِقَةً بِاللهِ وَتَوَكُّلاً عَلَيْهِ Eat with confidence in Allah ﷻ & trust in Him.

[Abu Dawud: 3925; Book. 30; English Book. 29; Hadees. 3914]

(Please note that there are many types of leprosy or severe skin infection & diseases, but all are not contagious so in some Hadees you will find that it is advised to stay away from the patient & in some not to be).

Leprosy as a punishment for hoarding food: -

8. Narrated by Umar Bin Khattab ﷺ that he heard Nabi ﷺ saying: Whoever hoards food (and keeps it from) the Muslims, Allahﷻ will afflict him with leprosy & bankruptcy (الجُذَام وَالإِفْلاَس).

[Ibn Ma-jah: 2238; Book. 12; English vol. 3; Book. 12, Hadees. 2155]

Madinah soil cures leprosy: -

9. The soil of Madinah is a cure from leprosy.

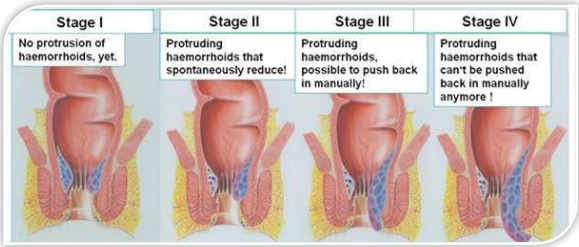
[Al-Zubair Ibn Bakar in Akhbar al-Madinah, Abu Nu`aym in Al-Tibb Al-Nabawi, Ibn al-Sunni & Al-Rafi`i in Akhbar Qazwin]

Keep a little distance between you & leprosy patient: -

10. Hazrat Abdullah Bin Abi Auif ﷺ says that Nabi ﷺ said: When you talk to a Majzum patient (Leprosy or unpleasant disease) keep one or two arrow distance between you & him.*[Kanzul Ummaal: 28329]*

(Please note that there are many types of leprosy or severe skin infection & diseases, but all are not contagious so in some Hadees you will find that it is advised to stay away from the patient & in some not to be).

Cure for Basoor (piles): -



How to pray Salah during piles or other problems: -

1. Narrated by Imran Bin Husain ﷺ that (I had) piles, so I asked Nabi ﷺ about the Salah (prayer). He ﷺ said: Pray while standing & if you can't, pray while sitting & if you cannot do even that, then pray lying on your side.

[Bukhari: 1117; Book. 18; English vol. 2; Book. 20; Hadees. 218]

2. Hazrat Uqba Bin Aamir ﷺ says that Nabi ﷺ said: "For you Zaitoon (olive), a blessed tree, oil is present, treat by it (oil) so that it cures Basoor (الباسور).*[Abu Nu-aim/ Al-Tibb Al-Nabawi: 463]*(Basoor is piles).

Olive oil cures piles: -

3. Hazrat Alkama Bin Aamir ﷺ says that Nabi ﷺ said: "For you Zait Al-Zaitoon (زيت الزيتون) (Olive oil) is present, use it, in eating & massage because it is beneficial in piles (Bawaseer) (البواسير)".

[Kanz Al-Ummal: 28295]

Fig cures piles: -

4. Hazrat Abu Darda ﷺ says that a dish full of Fig (التين) (Anjeer) was presented to Nabi ﷺ once & Nabi ﷺ said us, to eat it & further said, if anyone asks me, that any fruit has been sent from paradise (الجنة), so I will say, this is the fruit, (fig) & yes it is from paradise (الجنة)& is amongst the dry fruit of paradise (Jannah) & also said, eat it, & it is a cure for piles (البواسير)& arthritis (النقرس).

[Ibn Abu Bakr Al Jauzi / Al-Tibb Al-Nabawi Harfut Taa]

5. Hazrat Abu Zar ﷺ also narrates the same above, with difference in some words.*[Kanz Al-Ummal: 28280]*

Please refer lesson no. 103 Piles in part-3.

Dua for wounds, boils &etc.: -

Boils	*Wound*

Narrated by A'isha رضى الله عنها that Nabi ﷺ used to say to the patient:

"بِسْمِ اللَّهِ، تُرْبَةُ أَرْضِنَا بِرِيقَةِ بَعْضِنَا، يُشْفَى سَقِيمُنَا بِإِذْنِ رَبِّنَا".

In the Name of Allahﷻ, The earth of our land & the saliva of some of us cure our patient.*[Bukhari: 5745; Book. 76; English vol. 7; Book. 71; Hadees. 641]*

2. Narrated by A'isha رضى الله عنها that Nabi ﷺ used to read this Ruqyah:

تُرْبَةُ أَرْضِنَا، وَرِيقَةُ بَعْضِنَا، يُشْفَى

In the Name of Allahﷻ, the earth of our land & the saliva of some of us cure our patient with the permission of our Lord. With a slight shower of saliva, while treating with a Ruqyah.

[Bukhari: 5746; Book. 76; English vol. 7; Book. 71; Hadees. 642]

Narrated by Anas Ibn Malik رضى الله عنها that Nabi ﷺ used to say (pray):

اَللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ وَالْجُذَامِ وَمِنْ سَيِّئِ الْأَسْقَامِ

O Allahﷻ, I seek refuge in Thee from leprosy, madness, elephantiasis & evil diseases.*[Abu Dawud: 1554; Book. 8; English Book. 8; Hadees. 1549]*

Rules about boils, abscess & cutting of vein: -

	1. Yahya related to me from Malik that Muhammad Ibn Abdullah Ibn Abi Maryam once asked to Saeed Ibn Al-Musayyab about (what to do with) a nail of his that had broken while he was in Ihram & said: Cut it off.

Malik was asked whether someone in ihram who had an ear-complaint could use medicinal oil which was not perfumed for dropping into his ears & he said: I do not see any harm in that & even if he were to put it into his mouth I still would not see any harm in it. Malik said that there was no harm in some one in ihram lancing (cut) an abscess that he had, or a boil, or cutting a vein, if he needed to do.

[Muwatta Malik: 799; Book. 20, English Book. 20, Hadees. 97]

2. Narrated by Abu Hurairah رضي الله عنه that Nabi ﷺ said: There is no one who is wounded in the cause of Allahﷻ – & Allahﷻ knows best of who is wounded in His cause - but he will come on the Day of Resurrection (Qayamah) with his wounds looking as they did on the day he was wounded; their color will be the color of blood but their smell will be the fragrance of musk.

[Ibn Ma-jah: 2901; Book. 24; English vol. 4; Book. 24, Hadees. 2975]

Science & Hadees regarding soil & human saliva: -

In the above Hadees Nabi ﷺ took his saliva on the forefinger then he put it on the soil & wipe on the wound place, this above Hadees shows the Prophet ﷺ's miracle, which is evidence of healing by using soil & saliva.

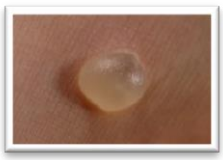
Research on antimicrobial activity of certain bacteria & fungi isolated from soil mixed with human saliva against pathogenic microbes causing dermatological diseases by Huda Mohammed Ahmed Shaikh at Open Access funded by King Saud University.

Soil samples (collected from Al-Madina Al-Monawara, Kingdom Saudi Arabia) were mixed with human saliva, incubated in media suitable for bacterial & fungal growth & filtered. Eighteen bacterial & five fungal species were isolated & identified. The bacterial & fungal filtrates as well as the isolated species were evaluated for their antimicrobial activities against some pathogenic microbes causing dermatological diseases (Staphylococcus aureus, methicillin resistant S. aureus (MRSA) & Aspergillus Niger). The bacterial filtrate showed significant antagonistic effect against S. aureus & methicillin resistant S. aureus (MRSA), whereas showed non inhibitory action on the pathogenic fungus. In contrast, the fungal filtrate antagonized the growth of the pathogenic fungus (A. Niger) & did not produce any inhibitory effect on the two tested pathogenic bacteria. The isolated bacterial species showed different levels of antagonistic activities against the three tested microbes. Bacillus subtilis was described as potent isolate against the three pathogens, followed by Esherichia-coli. However, Bacillus megaterium strongly inhibited the

growth of the pathogenic bacteria only. On the other side, all the fungal filtrates of the isolated species, except Cochliobolus lanatus showed antagonistic activity against the pathogenic fungus (A. Niger). The filtrate of Fusarium oxysporum & Emericella nidulans counteracted the growth of S. aureus, whereas, the growth of MRSA was inhibited only by the filtrate of E. nidulans. From the passage of our respected Prophet ﷺ if any person complains from a wound or ulcer, the messenger of Allah ﷺ put His Forefinger on the ground & lift it then recited: *(In the Name of Allah ﷻ, soil of our land, with the saliva of some of us, our sick person will get well after the permission of our Lord).*

Blisters: -

Zarirah (sweet flag) to be applied on Blisters & do Dua: -

	
Blister	*Sweet Flag*

1. Nabi ﷺ advised his wife to apply Zarirah (ذريرة) (sweet flag) because she had a blister on her finger & Nabi ﷺ said: Also do Dua to Allah ﷻ saying: Who makes big things smaller & makes small things bigger, make small that what I have *(means the blister).*
[Mustadrak Al Hakim: 7463]
2. One of the Wife of Nabi ﷺ says that, Nabi ﷺ asked: Do you have any Zarirah (ذريرة) (sweet flag) she replied: Yes & (the respected) Nabi ﷺ applied it on a blister between His Toes & made Dua "Oh! Allahﷻ, who extinguishes that, is big & makes big that which is smaller, Extinguish it for me" & the blister got extinguished.
[Majma Al-Zawa'id: 8350]

Tasbih (chanting) for blisters &etc.: -

3. Ali ﷺ said: Fatimah رضی اللہ عنہا went to Nabi ﷺ complaining of her hands blistering, so He ﷺ ordered her to say At-Tasbīḥ, At-Takbīr & At-Taḥmīd. (بِالتَّسْبِيحِ وَالتَّكْبِيرِ وَالتَّحْمِيدِ)
[Tirmizi: 3409; Book. 48, English vol. 6; Book. 45, Hadees. 3409]
(Means recite Subhanullah 33 times, Alhamdulillah 33 times & Allahu-Akbar 34 times).
4. Ali ﷺ said: Fatimah رضی اللہ عنہا complained to me about her hands blistering from grinding flour. So I said: If you were to approach your Father ﷺ & ask Him for a servant? So Nabi ﷺ said: 'Should I not direct the two of you, to that which is better for you than a servant? When the two of you lay down to sleep, say (recite) thirty-three, thirty-three, thirty-four, of At-Taḥmīd, At-Tasbīḥ & At-Takbīr.
[Tirmizi: 3408; Book. 48, English vol. 6; Book. 45, Hadees. 3408]
(Means recite Subhanullah 33 times, Alhamdulillah 33 times & Allahu-Akbar 34 times).

Science & Hadees regarding Zarirah (sweet flag): -

According to researches on sweet flag (ذريرة) (Zarirah), it can be used externally the tea is used for sores, burns, scrofula (a disease with glandular swellings, probably a form of tuberculosis.), wounds & ulcers. & also can be used as antispasmodic, aromatic, carminative, decongestant, diaphoretic, emetic, emmenagogue, expectorant, febrifuge, nervine, sedative, stimulant, stomach ache, tonic vulnerary. It is particularly known for the beneficial effects on the stomach, especially heartburn (acidity) with sour eructations. A few small pieces of it can be chewed & the juice swallowed, gives prompt relief. The roots may be chewed several times a day for chronic conditions, until the stomach gets healthy. It also stimulates the appetite & helps to relieve acute & chronic colicky pain, gastritis, fevers, colds, sinus headaches, sinusitis, coughs, hyperacidity, deafness, arthritis, hysteria, neuralgia, epilepsy, shock.
Chewing the root is said to stop pyrosis, the discharge of an acid (burning & bitter) liquid from the stomach into the throat. For smokers, however, chewing the dried root tends to cause mild nausea, a property that makes sweet flag useful for breaking the smoking habit. A decoction (tea) of the rootstock makes a good bath additive for insomnia, malaria, cholera, typhus, flu, bronchitis, ague, diarrhea, dysentery, asthma, a general tonic & tense nerves; it has also been used in baths for children with scrofula or rickets.

White spots or freckles: -

Freckles are small patch of light brown colour on the skin, often becoming more pronounced through exposure to the sun.

1. Hazrat Umme Salma رضی اللہ عنہا says that at the time of Nabi ﷺ, women in postnatal bleeding (after childbirth) used to wait for forty days & we used to put Warss (Memecylon) on our faces because of freckles.*[Ibn Ma-jah: 692; Book. 1; English vol. 1; Book 1, Hadees. 648]*

Refer lesson no. 55 Warss (Memecylon) in part-2& refer Lesson no. 17 Hijamah (wet cupping) in part-1

For gonorrhea pain: -

لَآ إِلَٰهَ إِلَّا هُوَ الرَّحْمَٰنُ الرَّحِيمُ ﴿١٦٣﴾

There is no deity [worthy of worship] except Him, the Entirely Merciful, the Especially Merciful.

Recite the above ***Chapter 2 (Surah) Baqarah verse no. 163***for 7 times after every Salah (namaz) (This is according to Ulama & not from Hadees)*[Cures from the Quran a pocket Book by Muhammad Elahi page. 104]*

To improve complexion: -

Use Sabir (Aloe Vera) for face brightness: -

1. Hazrat Umme Salma رضی اللہ عنہا says that when Abu Salma died, I had applied Sabir (Aloe Vera) on my eyes & Rasoolullah ﷺ came & asked her: What is this, Umme Salma? Hazrat Umme Salma رضی اللہ عنہا answered: It is Sabir (صبر), it has no perfume in it, Rasoolullah ﷺ answered that "It makes face Brighter, but do not use it except nights & remove it in day time, & do not apply perfume when combing your hairs, or Heena, because it is dye, than Umme Salma رضی اللہ عنہا asked What should I use while combing my hairs, Oh' Rasoolullah ﷺ! Rasoolullah ﷺ replied: Use Lotus leaves, to cover your head.*(It is a part of Hadees).[Abu Dawud: 2305; Book. 13; English Book. 12; Hadees. 2298]*

To make face bright or improve complexion: -

2. Hazrat Umme Salma رضی اللہ عنہا says that at the time of Nabi ﷺ, women in postnatal bleeding (after childbirth) used to wait for forty days & we used to put Warss (Memecylon) on our faces because of freckles.*[Ibn Ma-jah: 692; Book. 1; English vol. 1; Book 1, Hadees. 648]*

Raisins brighten the face: -

	3. Hazrat Tamim Aldari رضی اللہ عنہ once gifted some Raisins (dried grapes) (الزبيب) (Munakka) to Nabi ﷺ & Nabi ﷺ took them in His Hands & said, eat this, it is a healthy meal, removes tiredness, cools the anger, gives strength, makes food sweet smelling, reduces phlegm (البلغم), brightens the face.

[Abu Nu-aim: 371]

Raisin improves complexion: -

4. Hazrat Ali رضی اللہ عنہ says that Nabi ﷺ said that for your beneficial there are Raisins (dried grapes) (الزبيب) (munnaka), these improves the complexion, reduces phlegm (البلغم), strengthens the organs, removes tiredness, improves mood, increases good smell in breath & removes sorrow (grief).*[Abu Nu-aim: 319]*

For science & Hadees regarding Raisins, Warss & Aloe Vera refer lesson no. 30, 55&58 in Part-2.

Skin rashes, lice & scabies: -

Skin rashes & scabies caused by mites & Allergy: -

Rashes	*Lice*	*Scabies*

1. Hazrat Anas Bin Malik ﷺ says that, Nabi ﷺ allowed granted a concession to Zubair Bin Awwam & Abdur Rahman Bin Auf ﷺ allowing them to wear silk shirts, because of a rash they were suffering from.*[Ibn Ma-jah: 3723; Book. 32; English vol. 4; Book. 32, Hadees. 3592]*

About Lice problems: -

2. Narrated by Anas Bin Malik ﷺ that Abdur Rahman Bin Awf & Zubair Bin Awwam ﷺ complained of lice to Nabi ﷺ during a battle that they participated in, So He ﷺ permitted them to wear silk shirts & Anas added: I saw them wearing them.

[Tirmizi: 1722; Book. 24, English vol. 3; Book. 22, Hadees. 1722]

There is a separate lesson on lice.

3. Narrated by Abdullah Bin Umar رضی اللہ عنہما that Nabi ﷺ came out to us & in one of His Hand was a garment of silk & in the other was some gold. He ﷺ said: These are forbidden to the males of my nation & permitted to the females.

[Ibn Ma-jah: 3728; Book. 32; English vol. 4; Book. 32, Hadees. 3597]

Science & Hadees regarding silk: -

Some scholars, say that may be gold & silk when touched to the male skin may produce some sort of reaction or hormonal change in temperament, etc. This has not yet been proven, or disproven, by science, thus until it is proven or disproven, it cannot be accepted as a scientific fact.

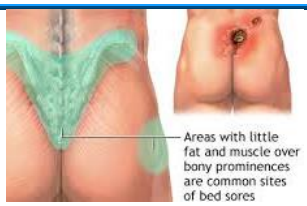
Some are of the opinion that wearing gold & silk are feminine in nature; & Islam does not allow men to look like or emulate women, or women to look like or emulate men.

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

Quranic verse for marks, scars, bad sores & ulcer: -

Bed Sores

Marks



Ulcers

مُسَلَّمَةٌ لَّا شِيَةَ فِيهَا ۚ

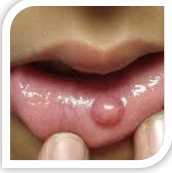
One free from fault with no spot upon her

Recite the above verse of ***Chapter 2 (Surah) Baqarah verse no. 71***for 101 times every day after Fajar & Isha salah.

Recite the above verse of ***Chapter 2 (Surah) Baqarah verse no. 71***for 41 times & blow on the medicine to be applied on the affected area.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 52]

Blisters on skin & mouth: -



وَالضُّحَىٰ ﴿١﴾ وَاللَّيْلِ إِذَا سَجَىٰ ﴿٢﴾ مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَىٰ ﴿٣﴾ وَلَلْآخِرَةُ خَيْرٌ لَّكَ مِنَ الْأُولَىٰ ﴿٤﴾ وَلَسَوْفَ يُعْطِيكَ رَبُّكَ
فَتَرْضَىٰ ﴿٥﴾ أَلَمْ يَجِدْكَ يَتِيمًا فَآوَىٰ ﴿٦﴾ وَوَجَدَكَ ضَالًّا فَهَدَىٰ ﴿٧﴾ وَوَجَدَكَ عَائِلًا فَأَغْنَىٰ ﴿٨﴾ فَأَمَّا الْيَتِيمَ فَلَا
تَقْهَرْ ﴿٩﴾ وَأَمَّا السَّائِلَ فَلَا تَنْهَرْ ﴿١٠﴾ وَأَمَّا بِنِعْمَةِ رَبِّكَ فَحَدِّثْ ﴿١١﴾

By the morning brightness and [by] the night when it covers with darkness, Your Lord has not taken leave of you, [O Muhammad], nor has He detested [you]. And the Hereafter is better for you than the first [life]. And your Lord is going to give you, and you will be satisfied. Did He not find you an orphan and give [you] refuge? And He found you lost and guided [you], And He found you poor and made [you] self-sufficient. So as for the orphan, do not oppress [him]. **And as for the petitioner, do not repel [him]. But as for the favor of your Lord, report [it].**

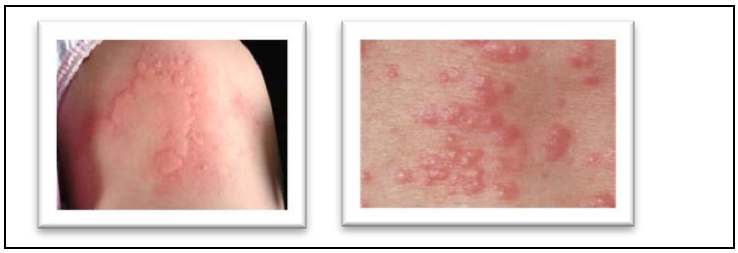
Recite the below full ***Chapter No. 93 (Surah) Zoha***for 41 times & blow on sugar & use.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 62& Cures from the Quran a pocket Book by idara page. 50]

For Scabies & Allergy: -

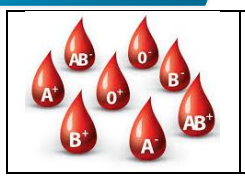
فَكَسَوْنَا الْعِظٰمَ لَحْمًا ۗ ثُمَّ اَنْشَاْنٰهُ خَلْقًا اٰخَرَ ۗ فَتَبٰرَكَ اللّٰهُ اَحْسَنُ الْخٰلِقِيْنَ ۝١٤

We clothed the bones with flesh, and then We brought it forth as another creation. So blessed be Allahﷻ, the Best of creators.



Recite the above verse of ***Chapter No. 23 (Surah) Mu'minun verse no. 14*** for 21 times for 41 days & blow on water & drink daily twice.*[Cures from the Quran, by Muhammad Elahi page. 111]*

Lesson no. 90 Blood: -



Blood is a constantly circulating fluid providing the body with nutrition, oxygen & waste removal. Blood is mostly liquid, with numerous cells & proteins suspended in it, making blood "thicker". Liquid of blood is called as Plasma which makes up about half of the content of blood. Plasma contains proteins that help blood to clot, transport substances through the blood & perform other functions. Blood plasma also contains glucose & other dissolved nutrients. About half of blood volume is composed of blood cells: Red blood cells, which carry oxygen to the tissues, White blood cells, which fight infections, Platelets, smaller cells that help blood to clot & etc.

Nabiﷺ's guidance about blood: -

Tuesdays a day of blood: -

1. Hazrat Kabshah رضی اللہ عنہا(daughter of Abu Bakr ؓ) says that her father forbid his family for Wet cupping (Hijamah) (الحجامة) on Tuesday & used to assert on the authority of Nabi ﷺ that Tuesday is the day of blood & said that on Tuesday a movement is there in which blood do not stops.

[Abu Dawud: 3862; Book. 29; English Book. 28; Hadees. 3853]

Ash used to stop Bleeding of Nabi ﷺ: -

2. Narrated by Sahl Bin Saad ؓ that Nabi ﷺ got wounded on the day of Uhud: "His molar was broken & His Helmet was crushed on His ﷺ Head. Fatimah رضی اللہ عنہا was washing the blood from Him & Ali was pouring water on Him from a shield. When Fatimah realized that the water was only making the bleeding worse, she took a piece of a mat & burnt it & when it had turned to ashes, she applied it to the wound to stop bleeding.

[Ibn Ma-jah: 3593; Book. 31; English vol. 4; Book. 31, Hadees. 3464]

3. Abu Hazim said: While I was listening, Sahl Bin Saad ؓ was asked: What were the wounds of Nabi ﷺ treated with? He said: None is alive who is more knowledgeable of it than I. Ali ؓ would come with water in his shield & Fatimah رضی اللہ عنہا would use it to wash His ﷺ blood off & a mat was burnt for Him & His ﷺ wounds were filled with it.

[Tirmizi: 2229; Book. 28; English vol. 4; Book. 2, Hadees. 2085]

(Please note fresh ashes were directly applied to Nabi ﷺ's wound).

4. Narrated by Sahl Bin Saud As-Saidi ؓ that When the helmet broke on the head of Nabi ﷺ & His face became covered with blood & His incisor tooth broke (i.e. during the battle of Uhud), Ali ؓ used to bring water in his shield while Fatimah رضی اللہ عنہا was washing the blood off His face. When Fatimah رضی اللہ عنہا saw that the bleeding increased because of the water, she took a mat (of palm leaves), burnt it & stuck it (the burnt ashes) on the wound of Allahﷻ's Apostle ﷺ, whereupon the bleeding stopped.

[Bukhari: 5722; Book. 76; English vol. 7; Book. 71; Hadees. 618]

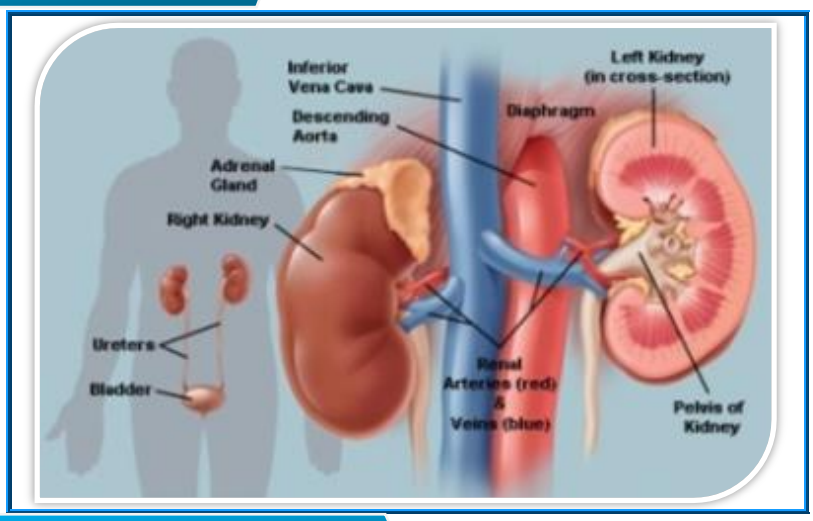
5. Narrated by Abu Hazim that he heard Sahl bin Saad ؓ being asked about the wounds of Nabi ﷺ saying: By Allahﷻ, I know who washed the wounds of Nabi ﷺ & who poured water (for washing them) & with what he was treated. Sahl added: Fatimah رضی اللہ عنہا, the daughter of Nabi ﷺ used to wash the wounds & Ali Bin Abi Talib ؓ used to pour water from a shield. When Fatimah رضی اللہ عنہا saw that the water aggravated the bleeding, she took a piece of a mat, burnt it & inserted its ashes into the wound so that the blood was congealed (and bleeding stopped). His ﷺ Canine Tooth got broken on that day & Face was wounded & His Helmet was broken on His Head.*[Bukhari: 4075; Book. 64; English vol. 5; Book. 59; Hadees. 402]*

Blood clotting, or coagulation, is an important process that prevents excessive bleeding when a blood vessel is injured. The platelets (type of blood cell) & proteins in your blood plasma (liquid part of blood) both work together to stop the bleeding by forming a clot over the injury.

Science & Hadees regarding Ashes: -

Plant ash is the powdery residue that remains after plants are burned; chemically the ash is alkaline (pH > 10) & composed primarily of calcium carbonate & secondarily, most often, of potassium chloride (interestingly, alkaline derives from the Arabic word meaning plant ashes) & these help in blood clotting because it absorbs large amount of plasma, thus helps in initial clotting of blood platelets & bleeding stops & forms a protective covering on wounds thus protects the wound from germs. Many doctors have found that bleeding on Tuesdays is stopped with difficulty.

Lesson no. 91 Kidney related guidance: -



Nabiﷺ's guidance about Kidneys urine problems: -

Drink boiled water & Honey for kidney problems: -

1. Hazrat A'isha رضی الله عنها says that Rasoolullah ﷺ said that "There is an important part of kidney (called as) khasaura (الخاصرة), when this part gets swelled up, the person gets great pain & problems, treat this with excessively boiled water (الماء المحرق) (muharraq) & Honey (عسل)".*[Mustadrak Al Hakim: 8237; Al-Tibb]*

Guggul for weak memory & urinary problems: -

2. Hazrat Abdullah Bin Abbas رضی الله عنهما says that Nabi ﷺ drank Kandar (الكندر) (Guggul) water mixed with sugar (السكر) at morning empty stomach & said that it removes urinary problems & it is best for Nisyaan (النسيان) (weak or lack of memory).*[Al-Tibb Al-Nabawi (Al-Jawzi) vol. 1, page. 294]*

Science & Hadees regarding Guggul: -

Guggul it is a bark-gum, it has anti-bacterial activity so helpful in urinary problems & it is mostly lipid soluble & helpful in weak memory. Refer lesson no. 64 Guggul in part-2.

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

Quranic verses for Kidney & gallstones: -

وَإِنَّ مِنَ الْحِجَارَةِ لَمَا يَتَفَجَّرُ مِنْهُ الْأَنْهَارُ ۚ وَإِنَّ مِنْهَا لَمَا يَشَّقَّقُ فَيَخْرُجُ مِنْهُ الْمَاءُ ۚ وَإِنَّ مِنْهَا لَمَا يَهْبِطُ مِنْ
خَشْيَةِ اللَّهِ ۗ وَمَا اللَّهُ بِغَافِلٍ عَمَّا تَعْمَلُونَ ﴿٧٤﴾

And indeed, there are stones out of which rivers gush forth, and indeed, there are of them (stones) which split asunder so that water flows from them, and indeed, there are of them (stones) which fall down for fear of Allahﷻ. And Allahﷻ is not unaware of what you do.

Recite the above verse of ***Chapter No. 2 (Surah) Baqarah verse no.74*** for 41 times & blow on water & drink or make the patient to drink daily.*[Cures from the Quran a pocket Book by idara page no 24]*

Also for kidney stones: -

وَهُوَ الَّذِي يُرْسِلُ الرِّيَاحَ بُشْرًا بَيْنَ يَدَيْ رَحْمَتِهِ ۖ حَتَّىٰ إِذَا أَقَلَّتْ سَحَابًا ثِقَالًا سُقْنَاهُ لِبَلَدٍ مَيِّتٍ فَأَنْزَلْنَا بِهِ الْمَاءَ
فَأَخْرَجْنَا بِهِ مِنْ كُلِّ الثَّمَرَاتِ ۚ كَذَٰلِكَ نُخْرِجُ الْمَوْتَىٰ لَعَلَّكُمْ تَذَكَّرُونَ ﴿٥٧﴾

And it is He Who sends the winds as heralds of glad tidings, going before His Mercy (rain). Till when they have carried a heavy-laden cloud, We drive it to a land that is dead, then We cause water (rain) to descend thereon. Then We produce every kind of fruit therewith. Similarly, We shall rise up the dead, so that you may remember or take heed.

Recite the above verse of ***Chapter No. 7 (Surah) Aa-Raaf verse no. 57*** for 21 times & blow on water & drink or make the patient to drink for some days.*(Cures from the Quran a pocket Book by Muhammad Elahi page no. 98)*

For Kidney pain: -

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

لِاِيْلٰفِ قُرَيْشٍ ۙ﴿۱﴾ اٖلٰفِهِمْ رِحْلَةَ الشِّتَآءِ وَالصَّيْفِ ۚ﴿۲﴾ فَلْيَعْبُدُوْا رَبَّ هٰذَا الْبَيْتِ ۙ﴿۳﴾ الَّذِيْٓ اَطْعَمَهُمْ مِّنْ جُوْعٍ ۙ وَّاٰمَنَهُمْ مِّنْ خَوْفٍ ۚ﴿۴﴾

It is a great Grace and Protection from Allahﷻ), for the taming of the Quraish, (And with all those Allahﷻ's Grace and Protections for their taming, We cause) the (Quraish) caravans to set forth safe in winter (to the south), and in summer (to the north without any fear), So let them worship (Allahﷻ) the Lord of this House (the Ka'bah in Makkah), (He) Who has fed them against hunger, and has made them safe from fear.

Recite the above ***Full Chapter No. 106 (Surah) Quraish***for once or more times & blow on water or food & use.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 97]

For Bladder Problems: -

يٰعِبَادِيَ الَّذِيْنَ اَسْرَفُوْا عَلٰٓى اَنْفُسِهِمْ لَا تَقْنَطُوْا مِنْ رَّحْمَةِ اللّٰهِ ۭ اِنَّ اللّٰهَ يَغْفِرُ الذُّنُوْبَ جَمِيْعًا ۭ اِنَّهٗ هُوَ الْغَفُوْرُ الرَّحِيْمُ ﴿۵۳﴾

"O 'Ibadi (My slaves) who have transgressed against themselves (by committing evil deeds and sins)! Despair not of the Mercy of Allahﷻ, verily Allahﷻ forgives all sins. Truly, He is Oft-Forgiving, Most Merciful.

Recite the above verse of ***Chapter No. 39 (Surah) Zumar verse no. 53***for 11 times for 11 days & blow on water & drink or make the patient to drink.*[Cures from the Quran a pocket Book by Muhammad Elahi page. 100]*

For Urinary diseases: -

وَجَعَلْنَا مِنَ الْمَاۗءِ كُلَّ شَيْءٍ حَيٍّ ۭ اَفَلَا يُؤْمِنُوْنَ ﴿۳﴾

And We have made from water every living thing. Will they not then believe?

Recite the above verse of ***Chapter No. 21 (Surah) Ambiya verse no. 30***for 101 times daily & blow on water & drink or make the patient to drink.*[Cures from the Quran a pocket Book by Muhammad Elahi page. 101]*

Anuria (stoppage of Urine): -

قُلْ هُوَ اللّٰهُ اَحَدٌ ۚ﴿۱﴾ اَللّٰهُ الصَّمَدُ ۚ﴿۲﴾ لَمْ يَلِدْ ۙ وَلَمْ يُوْلَدْ ۙ﴿۳﴾ وَلَمْ يَكُنْ لَّهٗ كُفُوًا اَحَدٌ ۚ﴿۴﴾

Say (O Muhammad ﷺ): "He is Allahﷻ, (the) One. "Allah-us-Samad (The Self-Sufficient Master, Whom all creatures need, He neither eats nor drinks)"He begets not, nor was He begotten; "And there is none co-equal or comparable unto Him."

Recite the above ***Full Chapter No. 112 (Surah) Ikhlas***for 11 times & blow on water & drink or make the patient to drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 102]

For excessive urination: -

وَاَنْزَلْنَا مِنَ السَّمَاۗءِ مَاۗءًۢ بِقَدَرٍ فَاَسْكَنّٰهُ فِي الْاَرْضِ ۚ وَاِنَّا عَلٰي ذَهَابٍۢ بِهٖ لَقٰدِرُوْنَ ﴿۱۸﴾

And We sent down from the sky water (rain) in (due) measure, and We gave it lodging in the earth, and verily, We are Able to take it away.

Recite the above verse of ***Chapter No. 23 (Surah) Al-Mu'minun verse no. 18***for 41 times & blow on sugar or sweet thing & eat or make the patient to eat.*(Cures from the Quran a pocket Book by Muhammad Elahi page. 103)*

Lesson no. 92 Grief, sorrow, depression, numbness, memory: -

INTRODUCTION

Grief is a natural response to the loss of someone or something very dear to us. Losses that may lead to grief include the death or separation of a loved one, loss of a job, death or loss of a beloved pet, or any number of other changes in life such as divorce, becoming an "empty nester," or retirement.

	Sorrow is a feeling of deep distress caused by loss, disappointment, or other misfortune suffered by one or others.
	Depression is a state of low mood & aversion to activity that can affect a person's thoughts, behavior, feelings & sense of well-being. People with depressed mood can feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, ashamed or restless.

Nabiﷺ's guidance about grief, sorrow & depression: -

Do plenty of Dua while you are happy: -

1. Abu Hurairah ؓ narrated that Nabi ﷺ said: "Whoever wishes that Allahﷻ would respond to him during hardship & grief, then let him supplicate (Dua) plentifully when at ease." (At good time)
[Tirmizi: 3382; Book. 48, English vol.6; Book. 45, Hadees. 3382]

Dua for grief, worries &etc.: -

2. Narrated by Anas Bin Malik ؓ used to (recite) say:

اللَّهُمَّ إِنِّي أَعُوذُبِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْجُبْنِ وَالْبُخْلِ، وَضَلَعِ الدَّيْنِ، وَغَلَبَةِ الرِّجَالِ".

O Allahﷻ! I seek refuge with You from worry & grief, from incapacity & laziness, from cowardice & miserliness, from being heavily in debt & from being overpowered by (other) men.
[Bukhari: 6369; Book. 80; English vol. 8; Book. 75; Hadees. 380]
In other Hadees it is said that Nabi ﷺ never neglected the above Dua.
[An-Nasa'i: 5449; Book. 50; English vol. 6; Book. 50, Hadees. 5451]

Dua during distress: -

Hazrat Abu Bakr ؓ says that Nabi ﷺ said: The supplications to be used by one who is distressed are:

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلاَ تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ وَأَصْلِحْ لِي شَأْنِي كُلَّهُ لاَ إِلَهَ إِلاَّ أَنْتَ

O Allahﷻ! Thy mercy is what I hope for. Do not abandon me to myself for an instant, but put all my affairs in good order for me.*(It is a part of Hadees).[Abu Dawud: 5090; Book. 43; English Book. 42; Hadees. 5071]*
Hazrat Asmah Bint Umays رضی اللہ عنہا says that Nabi ﷺ said: Should I teach you some words that you should recite when in distress:

اللَّهُ رَبِّي لاَ أُشْرِكُ بِهِ شَيْئًا

Allahﷻ is my Lord; I do not associate anything as partner with Him.
[Abu Dawud: 1525; Book. 8; English Book. 8; Hadees. 1520]

Dua of Prophet Yunus ؑ: -

5. Ibrahim Bin Muhammad Bin Saad narrated from his father, from Saad Bin Abi Waqqas ؓ says that Nabi ﷺ said: The supplication of Zunn-Noon (Prophet Yunus ؑ) which he supplicated to the Lord (Allahﷻ) while in the belly of the whale was:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

None has the right to be worshipped but You (O Allahﷻ), Glorified (and Exalted) are You {above all that (evil) they associate with You! Truly, I have been of the wrongdoers
No Muslim would supplicate with it concerning a matter but would be positively answered by Allahﷻ.
[Tirmizi: 3505; Book. 48, English vol.6; Book. 45, Hadees. 3505]

Bad deeds are removed during worries, grief &etc.: -

6. Abu Sa'eed Al-Khudri ؓ narrated that Nabi ﷺ said: Nothing afflicts the believer, whether fatigue, grief, disease - even a worry that concerns him - except that by it, Allahﷻ removes something from his bad deeds.*[Tirmizi: 966; Book. 10, English vol.2; Book. 5, Hadees. 966]*

Barley broth removes sorry, grief &etc.: -

7. Hazrat A'isha رضی اللہ عنہا says that, whenever anybody use to fell ill, in Rasoolullahﷺ's family, Rasoolullahﷺ use to advice to eat Barley broth (فضعالشعیر)(Harisa or Daliya) & use to say it removes the sorry/ grief from the heart of the patient

& removes weakness, as anyone washes the face with water & water clears the dirt present on face. *[Tirmizi: 2173; Book no. 28; English vol. 4 Book. 2, Hadees. 2039]*

Talbinah comforts the sick & lessens grief: -

8. Hazrat A'isha رضی اللہ عنہا says that whenever in our family anyone passed away (die), people use to come to meet (for pursa) specially ladies, When all the people use to go away, expect close family members than Hazrat A'isha رضی اللہ عنہا use to ask to cook Talbinah(التلبینہ),

then ask to cook Sareed (ثرید) than she رضی اللہ عنہا use to ask to put Talbinah (التلبینہ) in Sareed (ثرید) vessel & ask to eat & she use to say that she heard Nabi ﷺ saying that Talbinah(التلبینہ)brings comfort to the sick(المریض)& lessens grief.*[Muslim: 2216; Book. 39; English Book. 26; Hadees. 5491]*

Ask for forgiveness again & again to Allahﷻ: -

9. Narrated by Abdullah Bin Abbas رضی اللہ عنہما that Nabi ﷺ said: Whoever persists in asking for forgiveness, Allahﷻ will grant him relief from every worry & a way out from every hardship & will grant him provision from (sources) he could never imagine:

مَنْ لَزِمَ الاِسْتِغْفَارَ جَعَلَ اللّٰهُ لَهُ مِنْ كُلِّ هَمٍّ فَرَجًا وَّمِنْ كُلِّ ضِيْقٍ مَخْرَجًا وَّرَزَقَهُ مِنْ حَيْثُ لَا يَحْتَسِبُ

[Ibn Ma-jah: 3819; Book. 33; English vol. 5; Book. 33, Hadees. 3819]

Abu Umamah ؓ reported that when I recited the above words, Allahﷻ Removed my sadness & debts.

Ask forgiveness through Istighfaar: -

10. Hazrat Abdullah Ibn Abbas رضی اللہ عنہما reported that Nabi ﷺ said: Whoever makes Istighfaar compulsory on himself, Allahﷻ Will Remove his sadness & Will Provide him an exit for his troubles / problems; & Will Provide him Rizq (sustenance) from a source which he would never expect.*[Abu Dawud: 1518; Book. 8; English Book. 8; Hadees. 1513]*

Dua for grief, loans, sadness &etc.: -

11. Hazrat Abu Saeed Khudri ؓ said that once Nabi ﷺ entered Masjid-e-Nabawi & saw Abu Umamah Ansari ؓ, Nabi ﷺ asked him: Why I am seeing you (in Masjid) out of the times of prayers? He said: I am in grief due to my sadness & loans. Nabi ﷺ said to him: Should not I teach you some words, if you recited them, Allahﷻ Will Remove your sadness & the loans. Say these words in the morning & evening:

اَللّٰهُمَّ إِنِّي أَعُوْذُبِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَأَعُوْذُبِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَأَعُوْذُبِكَ مِنَ الْجُبْنِ وَالْبُخْلِ وَأَعُوْذُبِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ

O Allah ﷻ, I seek refuge in You from sadness & grief & I seek refuge in You from lity & laziness, & I seek refuge in You from cowardliness & miserliness, & I seek refuge in You from preponderance of debts & dominance of men on me.*[Abu Dawud: 1555; Book. 8; English Book. 8; Hadees. 1550]*

Dua for sadness & grief: -

12. Hazrat Ibn Abbas رضی اللہ عنہما says that Nabi ﷺ said: Whenever sadness & grief intensify on someone, let him often repeat:

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّٰهِ *[Al-Tibb Al-Nabawi of Zahbi: 24]*

"There is neither power nor strength except from Allahﷻ".

Dua during grief: -

13. Narrated from Hazrat Ibn Masood ؓ that Nabi ﷺ said: "Whenever a sadness or grief strikes a slave & the slave says:

اَللّٰهُمَّ إِنِّي عَبْدُكَ، ابْنُ عَبْدِكَ، ابْنُ أَمَتِكَ، نَاصِيَتِي بِيَدِكَ، مَاضٍ فِيَّ حُكْمُكَ، عَدْلٌ فِيَّ قَضَاؤُكَ، أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ نَفْسَكَ، أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ، أَوِ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ، أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي، وَنُورَ صَدْرِي، وَجَلَاءَ حُزْنِي، وَذَهَابَ هَمِّي

"O Allahﷻ, I am Your slave, the son of Your slave, the son of Your female slave, my forelock is in Your Grasp, Your Decision about me will certainly come to pass, Your Judgment on me is certainly just, I ask You by every Name that is Yours & which You Call Yourself by, whether You Revealed it in Your Book, Taught it to some of Your creation or Kept in the knowledge of the unseen that You Have, Make the Noble Quran the spring of my heart, the light of my chest, the eliminator of my sadness & the end of my grief. Then Allahﷻ Will remove his sadness & depression & will replace them with joy".
[Musnad Ahmed: 3712]

Treasures of Paradise (Jannah): -

14. Narrated by Abu Musa ؓ that Nabi ﷺ said to Abdullah Bin Qais ؓ shall I not tell you of a word which is one of the treasures of Paradise? & said: 'Say: لَاحَوْلَوَلَاقُوَّةَإِلَّابِاللهِ There is no power & no strength except with Allahﷻ *[Ibn Ma-jah: 3824; Book. 33; English vol. 5; Book. 33, Hadees. 3824]*

Gate of Paradise (Jannah): -

15. Qais Bin Saad Bin Ubadah narrated that to his father; Nabi ﷺ said: Should I not direct you to a gate from the gates of Paradise? He said: Of course. He ﷺ said: لَاحَوْلَوَلَاقُوَّةَإِلَّابِاللهِ

There is no might or power except with Allahﷻ.*[Tirmizi: 3851; Book. 48, English vol. 6; Book. 46, Hadees. 3851]*

Jihaad among doors of Paradise (Jannah): -

16. It is narrated: Revert to Jihaad, because it is among the doors of Paradise with which Allahﷻ drives away sadness & depression from the hearts. *[Musnad Ahmed: vol. 5; Page. 319 & Ibn Hibban: 4855]*

Offering Salah during concern matter: -

17. Narrated by Huzaifa: Whenever Nabi ﷺ would be concerned about a matter; he would turn to prayer.*[Abu Dawud: 1319; Book. 5; English Book. 5; Hadees. 1314]*

[وَاسْتَعِيْنُوْا بِالصَّبْرِ وَالصَّلٰوةِ]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

For excessive anger: -

يٰنَارُ كُوْنِيْ بَرْدًا وَّسَلٰمًا عَلٰٓى اِبْرٰهِيْمَ ﴿٦٩﴾

We (Allahﷻ) said: "O fire! Be you coolness and safety for Ibrahim (Abraham)!"
Recite the above verse of ***Chapter No. 21 (Surah) Ambiya verse no. 69***for 7 times daily regularly.
[Cures from the Quran a pocket Book by Muhammad Elahi page.120]

Numbness of legs & hands: -

	8. When the leg or hand gets numb, merely utter the name of the person whom one loves most. *[Hisnul Hasin (English by Muhammed Rafiq) page. 217]*

To improve memory: -

سَنُقْرِئُكَ فَلَا تَنْسٰٓى ﴿٦﴾ اِلَّا مَا شَآءَ اللّٰهُ ؕ

We shall make you to recite (the Quran), so you (O Muhammad ﷺ) shall not forget (it),Except what Allahﷻ, may will,
Recite the above verse of ***Chapter No. 87 (Surah) A'laa verse no. 6-7***for 7 times & blow on water & drink or make the patient to drink.
[Cures from the Quran a pocket Book by Muhammad Elahi page.75]

For forgetfulness: -

قَالُوْا سُبْحٰنَكَ لَا عِلْمَ لَنَآ اِلَّا مَا عَلَّمْتَنَا ؕ اِنَّكَ اَنْتَ الْعَلِيْمُ الْحَكِيْمُ ﴿٣٢﴾

They (angels) said: "Glory be to You, we have no knowledge except what you have taught us. Verily, it is You, the All-Knower, the All-Wise."
Recite the above verse of ***Chapter No. 2 (Surah) Baqarah verse no. 32*** for 11 times before sleep.
[Cures from the Quran a pocket Book by Muhammad Elahi page.76]

For imbalanced minded person: -

ذِىْ قُوَّةٍ عِنْدَ ذِى الْعَرْشِ مَكِيْنٍ ﴿٢٠﴾ مُّطَاعٍ ثَمَّ اَمِيْنٍ ﴿٢١﴾ وَمَا صَاحِبُكُمْ بِمَجْنُوْنٍ ﴿٢٢﴾ وَلَقَدْ رَاٰهُ بِالْاُفُقِ الْمُبِيْنِ ﴿٢٣﴾ وَمَا
هُوَ عَلَى الْغَيْبِ بِضَنِيْنٍ ﴿٢٤﴾ وَمَا هُوَ بِقَوْلِ شَيْطٰنٍ رَّجِيْمٍ ﴿٢٥﴾ فَاَيْنَ تَذْهَبُوْنَ ﴿٢٦﴾ اِنْ هُوَ اِلَّا ذِكْرٌ لِّلْعٰلَمِيْنَ ﴿٢٧﴾ لِمَنْ شَآءَ
مِنْكُمْ اَنْ يَّسْتَقِيْمَ ﴿٢٨﴾ وَمَا تَشَآءُوْنَ اِلَّآ اَنْ يَّشَآءَ اللّٰهُ رَبُّ الْعٰلَمِيْنَ ﴿٢٩﴾

Owner of power and high rank with (Allahﷻ) the Lord of the Throne, Obeyed (by the angels), trustworthy there (in the heavens). And (O people) your companion (Muhammad ﷺ) is not a madman; And indeed he (Muhammad ﷺ) saw him [Jibrael (Gabriel)] in the clear horizon (towards the east). And he (Muhammad ﷺ) withholds not a knowledge of the unseen. And it (the Quran) is not the word of the outcast Shaitaan (Satan). Then where are you going? Verily, this (the Quran) is no less than a Reminder to (all) the 'Alamin (mankind and jinns). To whomsoever among you who wills to walk straight, And you will not, unless (it be) that Allahﷻ wills, the Lord of the 'Alamin (mankind, jinns and all that exists).

Recite the above verse of ***Chapter No. 81 (Surah) Takweer verse no. 20-29*** for 41 times & blow on drinking water & make the person drink.

(Cures from the Quran a pocket Book by Muhammad Elahi page.11)

Lesson no. 93 Inferior complex, frightened, sorrowness, fear: -

INTRODUCTION

An inferiority complex is a lack of self-worth, a doubt & uncertainty & feelings of not measuring up to standards. It is often subconscious & is thought to drive afflicted individuals to overcompensate, resulting either in spectacular achievement or extreme a-social behavior. In modern literature, the preferred terminology is "***lack of covert self-esteem***". For many, it is developed through a combination of genetic personality characteristics & personal experiences.

Frightened means fright; afraid; scared; terrified.

Sorrowness means distress caused by loss, affliction, disappointment, etc.; grief, sadness or regret.

Fear means an unpleasant emotion caused by the threat of danger, pain, or harm.

Nabiﷺ's guidance about inferior complex, sorrow &etc.: -

Raisins remove sorrow: -

1. Hazrat Ali ؓ says that Nabi ﷺ said that for your beneficial there are raisins (الزبيب) (munnaka), these improves the complexion, reduces phlegm (البلغم), strengthens the organs, removes tiredness, improves mood, increases good smell in breath & removes sorrow (grief).

[Abu Nuaim: 319]

Eat Raisins (Dried Grapes) in Inferior Complex: -

2. Hazrat Ali ؓ says that Rasoolullah ﷺ said that those who take 21 raisins (الزبيب) (Munakka) daily will be free from all diseases which give rise to inferior complex.

[Abu Nu-aim: 813]

Eat Pumpkin removes inferior complex: -

3. Hazrat A'isha رضی اللہ عنہا said to father of Hazrat Hashsham Bin Arwah ﷺ that Nabi ﷺ said to her that whenever you cook dry meat add Dubba (الدُّبَّاء) (round pumpkin) in it because it strengthens the heart which is effected with (قلب الحزين) inferior complex.

[Ibne Qayyim vol. 1, page. 308]

Dua during alarmed: -

4. Narrated by Abdullah Ibn Amr Ibn Al-As ﷺ that Nabi ﷺ used to teach them the following words in the case of alarmed:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ غَضَبِهِ وَشَرِّ عِبَادِهِ وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَحْضُرُونِ

I seek refuge in Allah ﷻ's perfect words from His anger, the evil of His servants, the evil suggestions of the devils & their presence.

Abdullah Ibn Amr رضی اللہ عنہما used to teach them; to those of his children who had reached puberty he wrote them down (on some material) & hung on the child who had not reached puberty.
[Abu Dawud: 3893; Book. 29; English Book. 28; Hadees. 3884]

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

Quranic verses for worries: -

فَسَتَذْكُرُونَ مَا أَقُولُ لَكُمْ ۚ وَأُفَوِّضُ أَمْرِي إِلَى اللَّهِ ۚ إِنَّ اللَّهَ بَصِيرٌ بِالْعِبَادِ ﴿٤٤﴾

And you will remember what I am telling you, and my affair I leave it to Allah ﷻ. Verily, Allah ﷻ is the All-Seer of (His) slaves

Recite the above verse of ***Chapter No. 40 (Surah) Al-Mu'min verse no. 44*** for 21 times after every Asr (Salah) prayer.

Cure for depression & anxiety: -

Stress is anything that causes mental, physical, or spiritual tension. There is no running away from it. All that matters is how you deal with it. Depression & anxiety might seem like opposites, but they often go together. More than half of the people diagnosed with depression also have anxiety.

Recite 11 times Durood Shareef & the below Dua given in the Hadees 41 times again Durood Shareef 11 times & finally blow on your body.

Narrated from Hazrat Ibn Masood ﷺ that Nabi ﷺ said: "Whenever a sadness or grief strikes a slave & the slave says:

اَللَّهُمَّ إِنِّي عَبْدُكَ، ابْنُ عَبْدِكَ، ابْنُ أَمَتِكَ، نَاصِيَتِي بِيَدِكَ، مَاضٍ فِيَّ حُكْمُكَ، عَدْلٌ فِيَّ قَضَاؤُكَ، أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ نَفْسَكَ، أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ، أَوِ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ، أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي، وَنُورَ صَدْرِي، وَجَلَاءَ حُزْنِي، وَذَهَابَ هَمِّي

"O Allah ﷻ, I am Your slave, the son of Your slave, the son of Your female slave, my forelock is in Your Grasp, Your Decision about me will certainly come to pass, Your Judgment on me is certainly just, I ask You by every Name that is Yours & which You Call Yourself by, whether You Revealed it in Your Book, Taught it to some of Your creation or Kept in the knowledge of the unseen that You Have, Make the Noble Quran the spring of my heart, the light of my chest, the eliminator of my sadness & the end of my grief. Then Allah ﷻ Will remove his sadness & depression & will replace them with joy". *[Musnad Ahmed: 3712]*

For depression: -

اَلَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ ۗ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ﴿٢٨﴾

Those who believe (in the Oneness of Allah ﷻ - Islamic Monotheism), and whose hearts find rest in the remembrance of Allah ﷻ, Verily, in the remembrance of Allah ﷻ do hearts find rest.

Recite the above verse of ***Chapter No. 13 (Surah) Raad verse no. 28*** again & again.
[Cures from the Quran a pocket Book by Muhammad Elahi page.77]

For any grief or sadness: -

سَلٰمٌ عَلَيۡكُمۡ بِمَا صَبَرۡتُمۡ فَنِعۡمَ عُقۡبَى الدَّارِ ﴿۲۴﴾

Salamun 'Alaikum (peace be upon you) for that you persevered in patience! Excellent indeed is the final home!
Whenever anyone gets hurt emotionally by others recite the above verse from ***Chapter No. 13 (Surah) Raad verse no. 24***many times.
[Cures from the Quran a pocket Book by Muhammad Elahi page. 116]

Lesson no. 94Weak memory (Nisyaan): -

Weak memory means memory gaps & errors refer to the incorrect recall, or complete loss of information in the memory system for a specific time or event. Memory errors may include remembering events that never occurred or remembering them differently from the way they actually happened.

Nabiﷺ's guidance about weak memory: -

Eat Pumpkin to increase intelligence: -

1. Hazrat Anas Bin Malik ؓ says that Nabi ﷺ said that round pumpkin (الدُّبَّاءِ) increases the intelligence, brain function & its strength the brain.

[Kanz al-Ummal: 28277]

2. Hazrat Ataa Bin Ruba'h ؓ says that Rasoolullah ﷺ said that long pumpkin (القرع) is present for you, who increases the intelligence & strengthens the Brain.

[Shobul Imaan: 5547]

3. Hazrat Wasila ؓ says that Nabi ﷺ said that long pumpkin (القرع) is present for you, which increases the intelligence (الدماغ) & masoor daal (العدس) is also present for you, which was eaten by more than 70 Prophet of Allahﷻ

[Tabraani: 152]

Undergo Hijamah to improve intellect: -

4. Hazrat Ibn Umar رضی الله عنهما says that Hijamah (الحجامة) (Wet Cupping) on empty stomach is best for cure, blessing & improves memory & intellect.

[Ibn Ma-jah: 3616; Book. 31; English vol. 4; Book. 31, Hadees. 3487]
(It is a part of Hadees).

Guggul for weak Memory: -

5.Hazrat Anas Bin Malik ﷺ says that they were in Nabi ﷺ company, one person came & complaint about his weak memory (النسيان) to Nabi ﷺ & He ﷺ replied: Take Guggul (الكندر) soak it in water, overnight & drink this water at morning empty stomach because it is best for Nisyaan (النسيان) (lack of memory).

[Al-Tibb Al-Nabawi (Al-Jawzi) vol. 1, page. 294]

Guggul for weak memory & urinary problems: -

6. Hazrat Abdullah Bin Abbas رضی الله عنهما says that Nabi ﷺ drank Guggul (الكندر) water mixed with sugar (السكر) at morning empty stomach & said that it removes urinary problems & it is best for weak or lack of memory.

[Al-Tibb Al-Nabawi (Al-Jawzi) vol. 1, page. 294]

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

To improve memory: -

سَنُقْرِئُكَ فَلَا تَنْسَىٰٓ ۝٦ إِلَّا مَا شَآءَ ٱللَّهُ ۚ

We shall make you to recite (the Quran), so you (O Muhammad ﷺ) shall not forget (it),Except what Allah ﷻ should will.

Recite the above verse of ***Chapter No. 87 (Surah) A'laa verse no. 6-7***for 7 times & blow on water & drink or make the patient to drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page.75]

Science & Hadees regarding Guggul: -

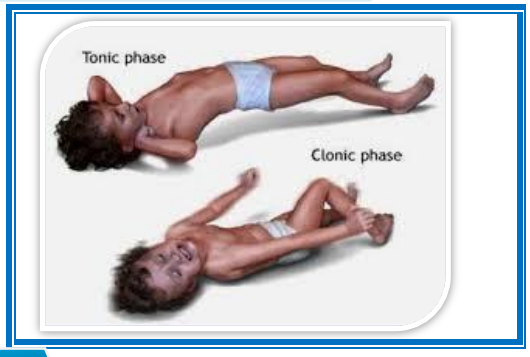
Guggul has anti-bacterial activity so helpful in urinary problems, & it is mostly lipid soluble & helpful in weak memory. Please refer lesson no. 64 Guggul in part-2.

Lesson no. 95 Epilepsy: -

INTRODUCTION

Epilepsy is a group of neurological disorder marked by sudden recurrent episodes of sensory disturbance, loss of consciousness, or convulsions, associated with abnormal electrical activity in the brain.

According to Islamic point of view epilepsy is of two types; one is due to evil spirits (mainly mischief of Jinns) & second is due to physical body damage (mainly in brain).



Nabi ﷺ's guidance about epilepsy: -

An epileptic woman amongst Paradise (Jannah): -

1. HazratAta Bin Rabab ﷺ says that, Hazrat Abdullah Ibn Abbas رضی الله عنهما once said to me, Should I tell you about a woman, who is among the people of Jannah (Paradise)? I said yes, & He said: That black woman, who came to Nabi ﷺ & complained, I suffer epileptic fits during which I unknowingly take off my clothes, So Pray to

Allahﷻ on my behalf, Nabi ﷺ replied: If you wish, to be patient, you will get Jannah (Paradise); or if you wish, I will Pray to Allahﷻ to cure you.
She said: Rather, I shall like to be a patient. She then said: I keep taking off my clothes during these fits, so pray to Allahﷻ for me, that I do not do so. Nabi ﷺ prayed for her.
[Bukhari: 5652; Book. 75; English vol. 7; Book. 70; Hadees. 555]

Epilepsy as a punishment: -

2. Narrated by Abu Hurairah ؓ that Nabi ﷺ said: The Prophet Ibrahim ؑ migrated with his wife Sarah علیها السلام till He ؑ reached a town where there was a king or a tyrant who sent a message to Ibrahim ؑ, ordering Him to send Sarah to him. So when Ibrahim ؑ had sent Sarah ؑ, the tyrant got up, intending to do evil with her, but she got up & performed ablution & prayed & said:

اَللّٰهُمَّ إِنْ كُنْتُ آمَنْتُ بِكَ وَبِرَسُوْلِكَ فَلَا تُسَلِّطْ عَلَيَّ الْكَافِرَ

O Allahﷻ! If I have believed in You& in Your Apostle, then do not empower this oppressor over me.
And he (the king) had an epileptic fit & started moving his legs violently.*[Bukhari: 6950; Book. 89; English vol. 9; Book. 85; Hadees. 82]*

Recite following when epilepsy is due to evil spirit: -

3. Nabi ﷺused to say in such cases: - *(means epilepsy due to evil spirits)*.

والنبيُّ صلى الله عليه وسلم كان يقولُ: "اخْرُجْ عَدُوَّ اللهِ، أنا رَسُولُ اللهِ"

"O enemy of Allahﷻ! Depart! I am the Messenger of Allahﷻ ".
[Mustadrak Al Hakim: 4232]
Please note one can recite Ruqyah also to get cure from it, please refer lessons on Ruqyah.
Recite Surah Faateha, first & last ruku of Baqarah, Ayah Al-Kursi, Surah Ikhlaas, Falaq, Naas, all 3 times each as many times as you can, blow in water, let the patient drink water many times a day, sprinkle the water on the patient & make the patient wash or bath with the same water.
[Healing with Medicine of Prophet ﷺ by: Imam Ibn Qayyim Al-Jauziyah]
Please read all lesson no. 4 to 11 on Ruqyah, evil eye, black magic in part-1.

Epilepsy: -

It is a group of neurological diseases characterized by epileptic seizures. Epileptic seizures are episodes that can vary from brief & nearly undetectable to long periods of vigorous shaking. In epilepsy, seizures tend to recur & have no immediate underlying causewhile seizures that occur due to a specific cause are not deemed to represent epilepsy.
The cause of most cases of epilepsy is unknown, although some people develop epilepsy as the result of brain injury, stroke, and brain tumor or due to other disorders. Genetic mutations are linked to a small proportion of the disease.
Epileptic seizures are the result of excessive & abnormal cortical nerve cell activity in the brain. The diagnosis typically involves ruling out other conditions that might cause similar symptoms such as fainting. Additionally, making the diagnosis involves determining if any other cause of seizures is present as alcohol withdrawal or electrolyte problems. This may be done by imaging the brain & performing blood tests. Epilepsy can often be confirmed by electroencephalogram (EEG) but a normal test does not rule out the condition.

Science & Hadees about epilepsy: -

In most of cases the cause of it remains unknown & if it is due to mischief of jinn than all investigations appears to be normal

Jinns: -

The Jinns are real creation of Allahﷻ, outlined by Him in Holy Qur'an & acknowledged by His Prophets, Holy people & wise physicians. They have been created from smokeless fire & cannot be seen by the human eye because they are the descendants of devil (iblees) (shaitaan). Allahﷻ allows them to take the form of another living object (usually a snake, dog, donkey, human being or a scorpion) or appear as apparitions, speak to humans & invade the human body & possess it. They are confused by non-Muslims for 'ghosts' if they appear to be seen by them or whisper to them. In reality, 'ghostly apparitions' which are the souls of deceased people do not exist as Allahﷻ has forbidden those who have left this World to return to it for any reason.
Some Jinn are good & decent, while others are innately evil. Possession is always caused by evil Jinn who are usually drawn to children, women who dress immodestly & vulnerable, depressed people. Even healthy people can also be possessed by them, most times as a result of sorcery, but sometimes for no apparent reason. Epileptic fits & seizures can commonly be some of the many symptoms of such possession.

Lesson no. 96 Headache (migraine): -

INTRODUCTION

Headache mainly means pain in the head, it is a broad term. It is mainly caused by stimulation of blood pressure or increase in intra cranial pressure or disorder in any structure of the head or injury to the covering of the cranium, cranial nerves, or blood vessels. Headache can be a primary disorder, as in migraine or cluster headaches, or a common symptom associated with head injury or many illnesses such as acute infection, brain tumor or abscess, eye disorders such as glaucoma, dental disease & hypertension.

Nabi ﷺ's guidance about headache: -

Undergo Cupping for headache: -

1. Hazrat Salma Umme Rafe رضی اللہ عنہا said that Rasoolullah ﷺ advised wet cupping (الجماع) (Hijamah) for headache (migraine) & Heena (الحناء) for leg pain.

[Abu Dawud: 3858; Book. 29; English Book. 28; Hadees. 3849]

Please read the lesson no. 17Hijamah (wet cupping) in part-1 of this book so that you will learn & understand what is wet cupping.

Cupping done for headache in state of Ihram: -

2. Narrated by Ibn Abbas رضی اللہ عنہما: Nabi ﷺ was wet cupped on His Head for an ailment, He ﷺ was suffering from, while He ﷺ was in a state of Ihram at a water place called Lahl Jamal. Ibn Abbas further said: Nabi ﷺ was wet cupped on His Head for unilateral headache while He ﷺ was in state of Ihram.

[Bukhari: 5700 & 5701; Book. 76; English vol. 7; Book. 71; Hadees. 602]

Nabi ﷺ & headache: -

3. Abu Nu-aim said in his book on Prophetic medicine that the migraine type of headache used to attack Nabi ﷺ & that it would prevent Him from going out of His House for one or two days at a time. In addition, Abu Nu-aim related from Hazrat Ibn Abbas رضی اللہ عنہما that Nabi ﷺ delivered a speech while a cloth was tied around His Head.

4. In addition, Sahih Hadees states that Nabi ﷺ said during the illness, that precede to leave this world: "Oh My Head". He ﷺ used to tie a piece of cloth around His Head. Tying a piece of cloth around the head helps soothe the pain of headaches & migraines.

[Al-Tibb Al-Nabawi of Abu Nu-aim: 69]

Apply Heena for Headache: -

5. Narrated by Ibn Ma-jah that whenever Prophet Muhammad ﷺ suffered from a headache, He ﷺ used to cover His Head with Henna (Khazaab) & said: "Henna helps to relieve headache by the permission of Allah ﷻ ".

[Ibn Ma-jah: 3502 & Abu Dawud: 3823 according to Maktabah Shamilah]

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

Quranic verse for Headache: -

لَّا يُصَدَّعُونَ عَنْهَا وَلَا يُنزِفُونَ ﴿١٩﴾

Wherefrom they will get neither any aching of the head, nor any intoxication.

Recite the above verse of ***Chapter No. 56 (Surah) Waqia verse no. 19*** for 3 times & blow on head regularly.

[Cures from the Quran a pocket Book by idara page.56]

Quranic verses for migraine: -

بِسۡمِ اللّٰهِ الرَّحۡمٰنِ الرَّحِيۡمِ

إِنَّآ أَعۡطَيۡنَٰكَ ٱلۡكَوۡثَرَ ۝١ فَصَلِّ لِرَبِّكَ وَٱنۡحَرۡ ۝٢ إِنَّ شَانِئَكَ هُوَ ٱلۡأَبۡتَرُ ۝٣

Verily, We have granted you (O Muhammad ﷺ) Al-Kauthar (a river in Paradise); Therefore turn in prayer to your Lord and sacrifice (to Him only). For he who makes you angry (O Muhammad ﷺ), - he will be cut off (from every good thing in this world and in the Hereafter).

Recite the above full ***Chapter No. 108 (Surah)Kausar***for 7 times & blow on the patient.

[Cures from the Quran a pocket Book by Muhammad Elahi page.73]

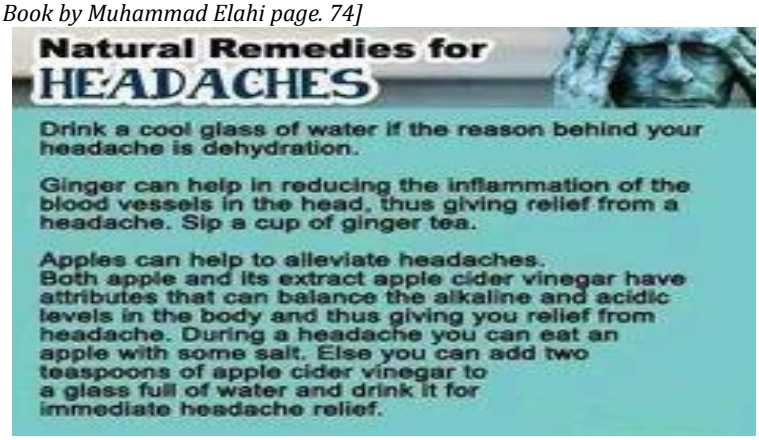
Quranic verse for hemicrania: -

قُلۡ مَنۡ رَّبُّ ٱلسَّمَٰوَٰتِ وَٱلۡأَرۡضِ قُلِ ٱللَّهُ قُلۡ أَفَٱتَّخَذۡتُم مِّن دُونِهِۦٓ أَوۡلِيَآءَ لَا يَمۡلِكُونَ لِأَنفُسِهِمۡ نَفۡعٗا وَلَا ضَرّٗا

Say (O Muhammad ﷺ): "Who is the Lord of the heavens and the earth?" Say: "(It is) Allahﷻ." Say: "Have you then taken (for worship) Auliya' (protectors, etc.) other than Him, such as have no power either for benefit or for harm to themselves?

Recite the above verse of ***Chapter No. 13 (Surah)Raad verse no. 16***& blow on the patient.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 74]



Lesson no. 97 Sleep & Insomnia: -

INTRODUCTION

Insomnia is a sleep disorder that is characterized by difficulty in sleep or staying asleep. People with insomnia have one or more of the following symptoms: - Difficulty falling asleep, waking up often during the night & having trouble going back to sleep, waking up too early in the morning, feeling tired upon waking.

Please read lesson no. 18 Sleeping Habits of Nabi ﷺso that you know & learn about sleeping habits of our Prophet ﷺ, it is very important to read lesson no. 18 first of part-1.

Nabi ﷺ's sleeping habits are the best & most beneficial for the body& its organs. Nabi ﷺ did not oversleep or deprive His Body of necessary sleep; He used to sleep when sleep is warranted & would lie on His Right Side & remember Allahﷻ in supplication (Dua) until sleep overwhelmed His Eyes. In addition, His Body would not be burdened with overeating or overdrinking. He ﷺ neither slept on the bare floor, or on high beds. Rather, He had mats made of leaves, used to lean on a pillow & would sometimes place His Hand under His Cheek.

[Healing with Medicine of Prophet ﷺ by: Imam Ibn Qayyim Al-Jauziyah]

Insomnia means habitual sleeplessness or inability to sleep. It can be a disease or sign symptom of an underlying disease.

Nabiﷺ's guidance about insomnia: -

About Insomnia (sleeplessness): -

1. Sulaiman Bin Buraidah ﷺ narrated that his father said that Khalid Bin Waleed ﷺ complained to Nabi ﷺ: 'O Rasoolullah ﷺ! I do not sleep at night due to insomnia.' So Nabi ﷺ replied: When you go to your bed, recite: -

اَللّٰهُمَّ رَبَّ السَّمٰوَاتِ السَّبْعِ وَمَا أَظَلَّتْ وَرَبَّ الأَرَضِيْنَ وَمَا أَقَلَّتْ وَرَبَّ الشَّيَاطِيْنِ وَمَا أَضَلَّتْ كُنْ لِي جَارًا مِنْ شَرِّ خَلْقِكَ كُلِّهِمْ جَمِيْعًا أَنْ يَّفْرُطَ عَلَيَّ أَحَدٌ مِنْهُمْ أَوْ أَنْ يَبْغِيَ عَلَيَّ عَزَّ جَارُكَ وَجَلَّ ثَنَاؤُكَ وَلاَ إِلٰهَ غَيْرُكَ وَلاَ إِلٰهَ إِلاَّ أَنْتَ

O Allah ﷻ, Lord of the Seven Heavens & what they have shaded, Lord of the lands & what they carry, Lord of the Shayaateen & those they have misguided, be for me a Protector against the evil of Your creation, all of them together, so that none of them should transgress against me, or oppress me, mighty is the one who seeks protection in You & glorified is Your praise & there is none worthy of worship other than You & there is none worthy of worship except You.
[Tirmizi: 3523; Book. 48, English vol. 6; Book. 45, Hadees. 3523]

2. One should not sleep immediately after eating & do some zikr or offer Salah is best.*[Shamail-e-Kubra; vol. 1; page. 94]*

For Sleeplessness: -

إِنَّ اللّٰهَ وَمَلٰٓئِكَتَهٗ يُصَلُّوْنَ عَلَى النَّبِيِّ ۚ يٰٓاَيُّهَا الَّذِيْنَ اٰمَنُوْا صَلُّوْا عَلَيْهِ وَسَلِّمُوْا تَسْلِيْمًا ﴿٥٦﴾

Allahﷻ sends His Salat (Graces, Honours, Blessings, Mercy, etc.) on the Prophet (Muhammad ﷺ) and also His angels too (ask Allahﷻ to bless and forgive him). O you who believe! Send your Salat on (ask Allahﷻ to bless) him (Muhammad ﷺ), and (you should) greet (salute) him with the Islamic way of greeting (salutation i.e. AsSalamu 'Alaikum).

Recite the above verse of ***Chapter No. 33 (Surah) A'zaab verse no. 56***for 11 times before going to sleep.
[Cures from the Quran a pocket Book by Muhammad Elahi page. 78]

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

Science & Hadees regarding sleeping Habits of Nabiﷺ: -

Please refer lesson no. 18Sleeping Habits of Nabi ﷺ in part-1

For night mares (bad dreams): -

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

اَلَمْ نَشْرَحْ لَكَ صَدْرَكَ ﴿١﴾ وَوَضَعْنَا عَنْكَ وِزْرَكَ ﴿٢﴾ الَّذِيْٓ اَنْقَضَ ظَهْرَكَ ﴿٣﴾ وَرَفَعْنَا لَكَ ذِكْرَكَ ﴿٤﴾ فَاِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٥﴾ اِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾ فَاِذَا فَرَغْتَ فَانْصَبْ ﴿٧﴾ وَاِلٰى رَبِّكَ فَارْغَبْ ﴿٨﴾

Have We not opened your breast for you (O Muhammad ﷺ)? And removed from you your burden, Which weighed down your back? And raised high your fame? So verily, with the hardship, there is relief, Verily, with the hardship, there is relief (i.e. there is one hardship with two reliefs, so one hardship cannot overcome two reliefs). So when you have finished (from your occupation), then stand up for Allahﷻ's worship (i.e. stand up for prayer). And to your Lord (Alone) turn (all your intentions and hopes and) your invocations.

Recite the above ***Full Chapter No. 94 (Surah)Ash-Sharh***for 9 times before going to bed.
[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 48]

Lesson no. 98 Narcolepsy & Stupor (الخدران) KHADRAN: -

INTRODUCTION

The term ***KHADRAN*** (الخدران) is translated as Narcolepsy which is a sleep disorder, but a better translation for KHADR is Narcosis or STUPOR.

Narcolepsy is a condition characterized by an extreme tendency to fall asleep whenever in relaxing surroundings.

Stupor is the lack of critical cognitive function & level of consciousness where in a sufferer is almost entirely unresponsive & only responds to base stimuli such as pain. Being characterized by impairments of reactions to external stimuli, it usually appears in infectious diseases, complicated toxic states, severe hypothermia, mental illnesses (e.g. schizophrenia, severe clinical depression), vascular illnesses (e.g. hypertensive encephalopathy), neoplasms (e.g. brain tumors) & vitamin D deficiency & so on.

Prophet ﷺ's guidance on treating narcolepsy or stupor: -

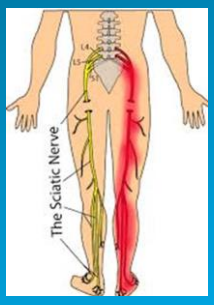
1. Abu Ubaid said in his Book "Gharib Al Hadees" that some people passed by a tree, & they ate from the tree & they soon got immobilized, just as if a wind had swept through by them & froze them. Nabi ﷺ said: "Cool some water in water skins & then pour the water on them between the two Azaanain (the Fajar call to the Salah & the Iqamah)".*[Musannaf Ibn Shaiba: 12/154 & Baihaqi: 4/224]*

Nabi ﷺ mentioned water skins because water gets cooler in skin water bags (Mashak) than clay containers. That time water was stored in skin water bags (mashak).

Lesson no. 99Sciatica (Irqun Nisa): -

INTRODUCTION

Sciatic is large & thick pair (right & left) of nerve descending from lumber & sacral spine.



Sciatica means pain affecting the back, hip & outer side of the leg, caused by compression of a spinal nerve root in the lower back, often owing to degeneration of an intervertebral disc.

Nabi ﷺ's guidance about sciatica: -

Cure for Irqun Nisa (sciatica): -

1. Hazrat Anas Bin Malik ؓ says that Nabi ﷺ said: "The cure for Irqun-Nisa (عرق النساء) (lower back pain) is in fat-tail of Bedouin sheep, its fats should be melted & divided into 3 parts & each part (should) be taken each day on empty stomach.

[Ibn Ma-jah: 3592; Book. 31; English vol. 4; Book. 31, Hadees. 3463]

2. Hazrat Anas ؓ says that he prescribed Al-Kabash Arabi for Irqun-Nisa (lower back pain) to 300 people& Allah ﷻ healed to all.

[Islamic medicine page. 166; book by Yusuf Al-Hajj Ahmad]

Science & Hadees regarding fat-tailed Sheep: -

1. The role of fats in the treatment of this illness: -

Nabi ﷺ mentioned that the treatment of Irqun-Nisa(عرق النساء) (lower back pain), in some cases, is the Fat-tail of sheep, which is in fact right.

Modern science says: -

Prostaglandin is a large group of natural enzyme which acts as hormones & whole body is related with them. There are lots of functions which they act in the body.
Lipid metabolism has three branches, each is related to the type of fat consumed in a big quantity leading therefore to the formation of three different chemical compounds (prostaglandin 1, 2 & 3) that have opposite effects from each other. These compounds, called the prostaglandins, resemble the hormones & have different effects on pains & inflammations in the body.
Prostaglandins type 1 prevent pain & come from the fatty acid called gamma linoleic acid (GLA) that belongs to the omega 6 fat group found on a limited basis in some wild plant . These products help to convert linoleic acid to gamma linoleic acid & then to prostaglandins type 3.
Prostaglandins type 2 on the other hand, augments the pains. These are formed from omega 6 fat group as well & mainly from linoleic acid found in margarines & cakes, as well as vegetable oils.
Prostaglandins type 3 is known for their calming action on the pains & inflammations. Those are formed from Alpha Linoleic Acid (ALA), which is converted to the two compounds EPA & DHA. Alpha Linoleic Acid is found in the oils of natural leaves & herbs & so this is an advantage of the natural vegetal food eaten by humans & animals like the sheep living in a desert (oasis) especially fat-tailed sheeps. Oils that contain alpha linoleic acid are cheap. Those belong to the omega-3 group known for its large benefits & are liquid in room temperature.

Some of the benefits of fats of omega-3: -

1. They reduce cholesterol level, protection from heart diseases & brain strokes, protection from arterial hypertension, rheumatoid, eczema & cancers. Also weight loss, formation of the tissues of the brain, the eye, the ear, the reproductive glands & the other glands tissues, formation of the membranes surrounding all the cells of the body & acting to protect the cells, repairing the nervous tissues as in the case of a herniated disk, one of the principal causes of Sciatica, inflammation of nervous tissues, which is the second main cause of Sciatica.
2. The desert sheep live on natural herbs, rich in the omega 3 fats & from it 700 medicines are prepared. The beneficial oils the sheep obtains from these herbs are stored in its tail.
3. Nabi ﷺ said that the tail should be melted first & so the harmful bacteria & germs are killed by the heat.
4. It should also be taken in three days, not more, to avoid fat oxidation & rancidity.
5. It should be taken on empty stomach, so that no other lipids compete with the lipids of the tail for absorption in the digestive tract at the vesicles & pancreas level, in addition to the cellular level where the enzymes acting at the membrane convert those lipids of the omega 3 group to the beneficial type 3 prostaglandin that reduce the inflammations & the pain caused by Sciatica.

Lower back exercises: -

Lesson no. 100 Arthritis (Al-Naqras): -

INTRODUCTION

Arthritis is a group of diseases which causes painful inflammation & stiffness of the joints. It means joint inflammation; the term is used to many types of joint diseases & conditions that affect joints, the tissues that surround the joint & other connective tissue.

Nabi ﷺ's guidance about arthritis: -

1. Hazrat Abu Darda ؓ says that a dish full of Fig (التين)(Anjeer) was presented to Nabi ﷺ once & Nabi ﷺ said us, to eat it & further said, if anyone asks me, that any fruit has been sent from Paradise (الجنة), so I will say, this is the fruit, (teen)

& yes it is from Paradise(الجنة)& is amongst the dry fruit of Jannah & also said, eat it, & it is a cure for piles(البواسير)& arthritis(النقرس).

[Ibn Abu Bakr Al Jauzi / At-Tibb-e-Nabawi Harfutaa]

2. Hazrat Abu Zar ؓ also narrates the same above, with difference in some words.*[Kanz al-Ummal: 28280]*

3. Ibn Abbas رضی اللہ عنہما said: "There are 360 joints & each of them owes sadaqa (charity) every single day. Every good word is sadaqa (charity). A man's helping his brother is sadaqa (charity). A drink of water, which he gives, is sadaqa (charity). Removing something harmful (thing) from the road is sadaqa (charity)".

[Al-Adab Al-Mufrad: 422; Book. 24, English Book. 24, Hadees. 422]

4. Narrated by Abu Hurairah ؓ Nabi ﷺ said: "There is a (compulsory) Sadaqa (charity) to be given for every joint of the human body (as a sign of gratitude to Allahﷻ) every day the sun raises. To judge justly between two persons is regarded as Sadaqa & to help a man concerning his riding animal by helping him to ride it or by lifting his luggage on to it, is also regarded as Sadaqa & (saying) a good word is also Sadaqa & every step taken on one's way to offer the compulsory prayer (in the mosque) is also Sadaqa & to remove a harmful thing from the way is also Sadaqa".

[Bukhari: 2989; Book. 56; English vol. 4; Book. 52; Hadees. 232]

Please read lesson no. 27Anjeer (fig) in part-2 to learn more about it.

Exercise for Arthritis: -

Lesson no. 101 Poisoning: -

INTRODUCTION

Poisoning means administering poison or poisons substance to (a person or animal), either deliberately or accidentally. It is taking a substance that is injurious to health or can cause death.

Nabi ﷺ's guidance about poisoning: -

Punishment to poisoning owns self: -

1. Abu Hurairah ؓ reported that Nabi ﷺ said: If anyone drinks poison, the poison will be in his hand (on the Day of Judgement) & he will drink it in Hell-fire & he will live in it eternally.
[Abu Dawud: 3872; Book. 29; English Book. 28; Hadees. 3863]

2. Narrated by Abu Hurairah ؓ that Nabi ﷺ said: Whoever drinks poison & kills himself, will be sipping it in the fire of Hell forever & ever.*[Ibn Ma-jah: 3588; Book. 31; English vol. 4; Book. 31, Hadees. 3460]*

7 Tamar dates prevent poisoning & black magic: -

3. Hazrat Aamir Bin Saad Abu Waqqas ؓ heard from his father that Nabi ﷺ said that anyone who eats 7 Tamar (تمر) (dates) daily, which grow between these two lava plains (two Madinah (المدينه) mountains) empty stomach, early morning, than till evening, will not be affected with poisoning(سم)& black magic (سحر)(witch craft) & If eats at evening will be safe from poison (سُمٌّ)& black magic (سحر) (witch craft) till morning.
[Muslim: 2047 A; Book. 36; English Book. 23; Hadees. 5080]

Ajwah dates prevent poisoning: -

4. Hazrat A'isha رضى الله عنها says that Rasoolullah ﷺ guided that, The Ajwah dates of 'Aliya' contain healing effects & these are antidote (for poisoning) if eaten early morning.
[Muslim: 2048; Book. 36; English Book. 23; Hadees. 5083]

7 Ajwah dates prevents poisoning & black magic: -

5. Hazrat Saad ؓ says that Rasoolullah ﷺ guided that eat 7 Ajwah(عجوة) (dates) early morning empty stomach, that day, the person will be saved from poisoning(سم)& black Magic(سحر) (witch craft).
[Bukhari: 5769; Book. 76; English vol. 7; Book. 71; Hadees. 664]

Wet cupping done for poisoning: -

6. Hazrat Ibn Abbas رضى الله عنهما says that Nabi ﷺ underwent Hijamah (الحجامة) (Wet Cupping) because of pain due to poisoned meat.
[Hasan Ahmed 1/305]

7. It is mentioned in Abdul Razzaq that In Qazawah khybre, Nabi ﷺ was poisoned by a Jewish woman in roasted meat of sheep, He ﷺ underwent Hijamah at 3 point on the kahil, (upper part of back) (It is believed that 1st cup was applied on Kahil (upper back), 2nd behind theheart (at the left of kahil), & the 3rd was either a little bit lower to this point or on the right side of the kahil, Allahﷻ knows the best).*[Musannaf Abdul Razzaq]*

8. Narrated by Abu Hurairah ؓ: A Jewish presented a poisoned sheep to Nabi ﷺ but He ﷺ did not interfere with her. Abu Dawud said: The Jewish who poisoned was sister of Marhab.
[Abu Dawud: 4509; Book. 41; English Book. 40; Hadees. 4494]

9. Narrated by Anas Bin Malik ؓ: A Jewish brought a poisoned (cooked) sheep for Nabi ﷺ who ate from it. She was brought to Nabi ﷺ & He ﷺ was asked: "Shall we kill her?" He ﷺ said: "No." I continued to see the effect of the poison on the palate of the mouth of Nabi ﷺ.*[Bukhari: 2617; Book. 51; English vol. 3; Book. 47; Hadees. 786]*

Dua for prevention evils, poisoning &etc.: -

10. Abu Hurairah ؓ narrated that Nabi ﷺ said: "Whoever recites three times when reaches the evening:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

I seek refuge in Allahﷻ's Perfect Words from the evil of what he created; no poisonous sting shall harm him that night."
[Tirmizi: 3604 B; Book. 48, English vol. 6; Book. 46, Hadees. 3604]

Dua for safety: -

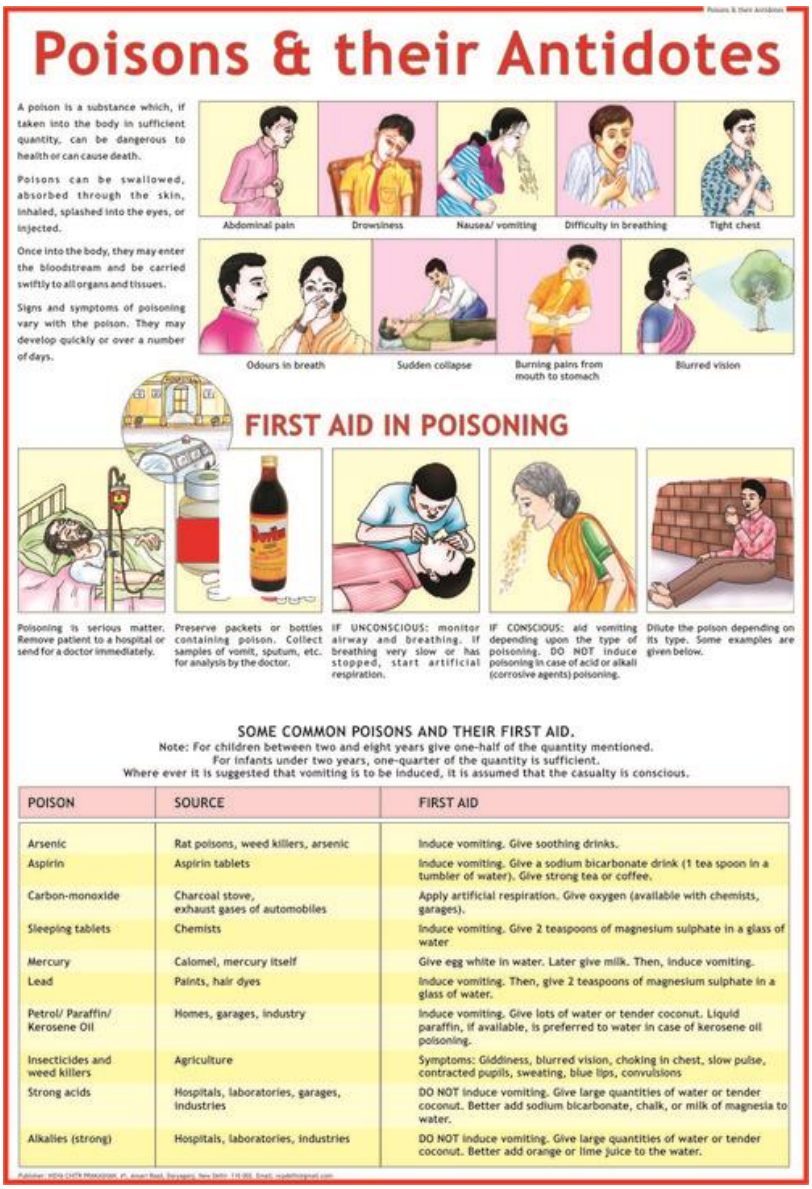
11. Narrated by Abul Yusr ﷺ that Nabi ﷺ used to supplicate: (for safety)

اَللّٰهُمَّ إِنِّي أَعُوْذُبِكَ مِنَ الْهَدْمِ وَأَعُوْذُبِكَ مِنَ التَّرَدِّي وَأَعُوْذُبِكَ مِنَ أَنْ الْغَرَقِ وَالْحَرَقِ وَالْهَرَمِ وَأَعُوْذُبِكَ أَنْ يَّتَخَبَّطَنِي الشَّيْطَانُ عِنْدَ الْمَوْتِ وَأَعُوْذُبِكَ أَمُوْتَ فِي سَبِيْلِكَ مُدْبِرًا وَّأَعُوْذُبِكَ أَنْ أَمُوْتَ لَدِيْغًا

"O Allahﷻ, I seek refuge in Thee from my house falling on me, I seek refuge in Thee from falling into an abyss, I seek refuge in Thee from drowning burning & decrepitude. I seek refuge in Thee from the devil harming me at the time of my death, I seek refuge in Thee from dying in Thy path while retreating & I seek refuge in Thee from dying of the sting of a poisonous creature."*[Abu Dawud: 1552; Book. 8; English Book. 8; Hadees. 1547]*

First aid in poisoning cases: -

Poisoning is caused by exposure to a harmful substance. This can be due to swallowing, injecting, breathing in, or other means. Most poisonings occur by accident. Immediate first aid is very important in a poisoning emergency. The first aid you give before getting medical help can save a person's life.



Lesson no. 102 Libido (Jimaa'a): -

INTRODUCTION

Libido means sexual desire, sex drive, sexual urge & passion.

Nabi ﷺ's guidance about libido: -

Benefits of Heena on libido: -

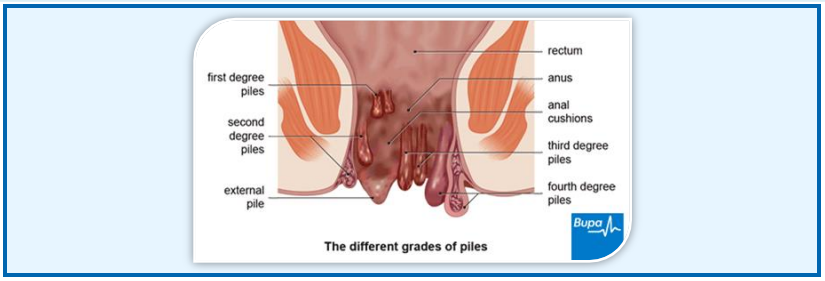
1. Hazrat Waslah ؓ says that Nabi ﷺ said: "You have Heena(الحناء), it makes your hair bright(نور), purifies you طهر) (قلوب, increase libido (الجماع),evidence in grave" (Qabr)(شاهدفىالقبر).

[Kanz al-Ummal: 28282]

Lesson no. 103 Piles (Bawaseer): -

INTRODUCTION

Piles, also known as haemorrhoids, are swollen veins & muscle around your anus or in your anal canal. The anal canal is a short, muscular tube with blood vessels that connects your rectum (back passage) with your anus. Piles can develop when this tissue becomes swollen, possibly as a result of straining while passing the toilet. Sometimes, piles can be painful & bleed if the rectal veins get ruptured or become damaged.



Nabi ﷺ's guidance about piles: -

Olive oil cures piles (Basoor): -

1. Hazrat Alqama Bin Aamir ؓ says that Nabi ﷺ said: "For you Olive oil (زيت الزيتون) is present, use it, in eating & massage because it is beneficial in Bawaseer (البواسير)" (piles).
[Kanz al-Ummal: 28295]

2. Hazrat Uqba Bin Aamir ؓ says that Nabi ﷺ said: For you Zaitoon blessed tree oil is present, treat by it so that it cures Basoor (الباسور).*[Abu Nu-aim/Al-Tibb Al-Nabawi: 463]*

(Basoor is piles).

Fig cures piles: -

3. Hazrat Abu Darda ؓ says that a dish full of Teen (التين) (Anjeer) was presented to Nabi ﷺ once & Nabi ﷺ said us, to eat it & further said: If anyone asks me, that

any fruit has been sent from Jannah (الجنة), so I will say, this is the fruit, (teen) & yes it is from Jannah(الجنة)& is amongst the dry fruit of Jannah & also said, eat it, & it is a cure for piles (البواسير)& arthritis (النقرس).*[Ibn Abu Bakr Al Jauzi / Al-Tibb Al-Nabawi Harfutaa]*

4. Hazrat Abu Zar ؓ also narrates the same above, with difference in some words.
[Kanz al-Ummal: 28280]

Salah while suffering from piles: -

5. Narrated by Imran Bin Husain ؓ that (I had) piles, so I asked Nabi ﷺ about the Salah (prayer). He said: "Pray while standing & if you can't, pray while sitting & if you cannot do even that, then pray lying on your side."
[Bukhari: 1117; Book. 18; English vol. 2; Book. 20; Hadees. 218]

The detail given below is according to Ulama & Islamic Scholars & not from Hadees.

Quranic cure for piles: -

بِسۡمِ اللّٰهِ الرَّحۡمٰنِ الرَّحِيۡمِ

أَلَمۡ نَشۡرَحۡ لَكَ صَدۡرَكَ ﴿١﴾ وَوَضَعۡنَا عَنكَ وِزۡرَكَ ﴿٢﴾ الَّذِيٓ أَنقَضَ ظَهۡرَكَ ﴿٣﴾ وَرَفَعۡنَا لَكَ ذِكۡرَكَ ﴿٤﴾ فَإِنَّ مَعَ الۡعُسۡرِ
يُسۡرًا ﴿٥﴾ إِنَّ مَعَ الۡعُسۡرِ يُسۡرًا ﴿٦﴾ فَإِذَا فَرَغۡتَ فَانصَبۡ ﴿٧﴾ وَإِلَىٰ رَبِّكَ فَارۡغَبۡ ﴿٨﴾

Have We not opened your breast for you (O Muhammad ﷺ)? And removed from you your burden, Which weighed down your back? And raised high your fame? So verily, with the hardship, there is relief, Verily, with the hardship, there is relief (i.e. there is one hardship with two reliefs, so one hardship cannot overcome two reliefs). So when you have finished (from your occupation), then stand up for Allah ﷻ's worship (i.e. stand up for prayer). And to your Lord (Alone) turn (all your intentions and hopes and) your invocations.

بِسۡمِ اللّٰهِ الرَّحۡمٰنِ الرَّحِيۡمِ

أَلَمۡ تَرَ كَيۡفَ فَعَلَ رَبُّكَ بِأَصۡحَٰبِ الۡفِيلِ ﴿١﴾ أَلَمۡ يَجۡعَلۡ كَيۡدَهُمۡ فِي تَضۡلِيلٍ ﴿٢﴾ وَأَرۡسَلَ عَلَيۡهِمۡ طَيۡرًا أَبَابِيلَ ﴿٣﴾
تَرۡمِيهِم بِحِجَارَةٍ مِّن سِجِّيلٍ ﴿٤﴾ فَجَعَلَهُمۡ كَعَصۡفٍ مَّأۡكُولٍ ﴿٥﴾

Have you (O Muhammad ﷺ) not seen how your Lord dealt with the Owners of the Elephant? [The elephant army which came from Yemen under the command of Abrahah Al-Ashram intending to destroy the Ka'bah at Makkah].Did He not make their plot go astray? And **sent against them birds, in** flocks, Striking **them with stones of** Sijjil. And **made them like an empty field of stalks (of which the corn has been eaten up by cattle).**

Anyone suffering from piles should recite ***full Chapter No. 94 (Surah) Ash-Sharh***in first Rakaat of Sunnah of Fajar Salah (Namaz) & should recite ***full Chapter No. 105 (Surah) Fil*** in the second Rakaat in the same Salah.
[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 34]

For pain due to piles: -

لَا يَرَوۡنَ فِيهَا شَمۡسًا وَلَا زَمۡهَرِيرًا ﴿١٣﴾

they will see there neither the excessive heat of the sun, nor the excessive bitter cold, (as in Paradise there is no sun and no moon).

Recite the above verse of ***Chapter No 76 (Surah) Dahr verse no. 13***& blow on the arm.*[Cures from the Quran a pocket Book by Muhammad Elahi page. 105]*

This is called as Sitz bath it is to be done by adding magnesium sulphatepowder in the water (available at chemist), the water should be luke warm , do sitz for 2 times a day for 15 minutes each.

Lesson no. 104 Neutralization of acidic things with alkali things: -

INTRODUCTION

In chemistry, **neutralization** (US spelling) or **neutralization** (UK spelling), is a chemical reaction in which an acid & a base react quantitatively with each other. In a reaction in water, **neutralization** results in there being no excess of hydrogen or hydroxide ions present in solution.

It is a reaction between an acid & a base, usually yielding a salt &water. Neutralization Reaction is a type of chemical reaction in which a strong acid & strong base react with each other to form water & salt.

Heartburn, as well as an acidic stomach due to eating too much spicy food, can be relieved by taking an antacid. The antacid is alkaline / basic & helps neutralize the stomach's acidic environment. You may have used medicine to ease your heartburn via the process of neutralization.

Neutralization reaction: - For example, hydrochloric acid & sodium hydroxide solution react together to form water & sodium chloride solution. The acid contains H^+ ions & Cl^- ions & the alkali contains Na^+ ions & OH^- ions.

A neutralization reaction is when an acid & a base react to form water & a salt & involves the combination of H^+ ions & OH^- ions to generate water. The neutralization of a strong acid & strong base has a pH equal to 7.

In the reaction, H^+& OH^- combine to form HOH or H_2O or water molecules. Neutralization is a type of double replacement reaction. A salt is the product of an acid-base reaction & is a much broader term then common table salt as shown in the first reaction.

If we were to evaporate the water from the solution after the neutralization reaction, the remaining will be sodium chloride, commonly known as table salt. In general, the term salt refers to any ionic compound that could be produced by a neutralization reaction.

Nabiﷺ's guidance about neutralization: -

Neutralizing Hot Potency with cold potency: -

Eat Bathikh (watermelon) & Rutab dates: -

	1. Hazrat A'isha رضی الله عنها narrates that Nabi ﷺ used to eat watermelon(البطیخ)with fresh ripen dates(الرطب). *[Tirmizi: 1843: Book. 25; English vol. 3; Book. 23; Hadees. 1843]*
	2. Hazrat A'isha رضی الله عنها narrated that Nabi ﷺ use to eat watermelon (Bathikh) with fresh ripen dates (Rutab) & use to say, heat of the one is broken by the coolness of the other & the coolness of the one by the heat of the other.

[Abu Dawud: 3836; Book. 28; English Book. 27; Hadees. 3827]

Please refer lesson no. 27 watermelon & mashmelon & lesson no. 33 dates in part-2 for detail study.

Eat Musk-melon & fresh ripen dates: -

	3. Hazrat Anas ؓ narrated that Nabi ﷺ ate Musk-melon (الْخَرْبِزِ) & fresh ripen dates (الرُّطَبِ) together. *[Shama'il: 199; Book. 30; English Book. 29, Hadees. 190]*

Eat Tamar & Zubd (dried ripen dates & Butter): -

	4. Narrated by 2 sons of Busar that Nabi ﷺ visited Hazrat Busar's home, they presented Tamar (تمر) (dried ripen dates) & Zubd (زبد) (butter) in honor of Nabi ﷺ because both were liked (together) by Nabi ﷺ.

[Ibn Ma-jah: 3459; Book. 29; English vol. 4; Book. 29, Hadees. 3334]

Qissa'a & Rutab (cucumber & Fresh ripen dates): -

	5. Hazrat Abdullah Bin Jafar ؓ says that Rasoolullah ﷺ use to eat Qissa'a(القثاء) (cucumber) with Rutab (dates)(الرطب) (fresh ripen dates). *[Tirmizi: 1844; Book. 25; English vol. 3; Book. 23, Hadees. 1844]*

6. Hazrat A'isha رضی الله عنها ate Qissa'a (القثاء) (cucumber) & Rutab (الرطب) (dates) (fresh ripen dates) together to gain weight & she successfully gained weight.
[Ibn Ma-jah: 3449; Book. 29; English vol. 4; Book. 29, Hadees. 3324]

Scientific benefits of Prophet ﷺ eating habits: -

1. The food becomes neutralized when acidic food substances are mix with alkali food substances. Acidic food substances mean hot potency food substances & alkali food substances are cold potency food substances (mostly). The food becomes neutralized means nor hot nor cold. These types of food do not disturb the acid base balance of the body. The food becomes light to digest, easily distributed in body & reaches the cells of the body, easily metabolized in the body.
2. The simplest food we eat (the more) we will be disease free (as per the Sunnah of Prophet ﷺ). Nowadays there are various diseases like diabetes, thyroidism, cancers, auto immune diseases, asthma, allergies, kidney failures, vitiligo &etc. are also caused by faulty habits of eating, means against the Sunnah of Prophet ﷺ.
3. We people eat fried, cooked, boiled, fermented (etc.) foods together; this causes free radicals in our body & leads to deadly diseases like cancers, diabetes & etc.
4. We Muslims break our fast (iftaar) with a mixture of food substance like fried, cooked, boiled etc. food substances, also mix a lot of varieties of fruits together, What will be the result we all know?

Eating cucumber & dates together: -

Cucumber & dates: cucumber has a cold effect & dates have a hot one. By combining the two it becomes neutralized. From this Hadees we gather that it is recommended that the effect (hot or cold) of things eaten should be taken into consideration. Cucumber is insipid & tasteless & dates are sweet which results in the cucumber also tasting sweet. Both are opposite to each other & cucumber are rich in water contains.
Please match the nutritional facts of both cucumber & dates & see what a combination both are both makes a perfect nutrition & are opposite to each other. This is miracle of Sunnah of Prophet ﷺ eating both together.

Nutritional value of Dates. 100 mg of Dates has Calories 282 % Daily Value		Nutritional value of Cucumber. 100 grams of Cucumber has Calories 16 %	
Water content in dry dates	*10% -20%*	*Water content in cucumber*	*96%*
Total Fat 0.4 g	*0%*	*Total Fat 0.1 g*	*0%*
Saturated fat 0 g	*0%*	*Saturated fat 0 g*	*0%*
Polyunsaturated fat 0 g		*Polyunsaturated fat 0 g*	
Monounsaturated fat 0 g		*Monounsaturated fat 0 g*	
Cholesterol 0 mg	*0%*	*Cholesterol 0 mg*	*0%*
Sodium 2 mg	*0%*	*Sodium 2 mg*	*0%*
Potassium 656 mg	*18%*	*Potassium 147 mg*	*4%*
Total Carbohydrate 75 g	*25%*	*Total Carbohydrate 3.6 g*	*1%*
Dietary fiber 8 g	*32%*	*Dietary fiber 0.5 g*	*2%*
Sugar 63 g		*Sugar 1.7 g*	
Protein 2.4 g	*4%*	*Protein 0.6 g*	*1%*
Vitamin A	*0%*	*Vitamin A*	*2%*
Vitamin C	*%*	*Vitamin C*	*4%*
Calcium	*3%*	*Calcium*	*1%*
Iron	*5%*	*Iron*	*1%*
Vitamin D	*0%*	*Vitamin D*	*0%*
Vitamin B6	*10%*	*Vitamin B6*	*10%*
Magnesium	*10%*	*Magnesium*	*3%*

Eating watermelon & dates together: -

Match the nutrition of both & judge both are opposite to each other & both in combination make a perfect nutrition. This is miracle of Sunnah of Prophet ﷺ eating both together.

Nutritional value of dates. 100 grams of dates has 282 calories.		Nutritional value of watermelon 100 grams of dates has 30 calories only	
Water content in dry dates	*10% - 20%*	*Water content in watermelon*	*92%*
Total Fat 0.4 g	*0%*	*Total Fat 0.2 g*	*0%*
Saturated fat 0 g	*0%*	*Saturated fat 0 g*	*0%*
Polyunsaturated fat 0 g		*Polyunsaturated fat 0 g*	
Monounsaturated fat 0 g		*Monounsaturated fat 0 g*	
Cholesterol 0 mg	*0%*	*Cholesterol 0 mg*	*0%*
Sodium 2 mg	*0%*	*Sodium 1 mg*	*0%*
Potassium 656 mg	*18%*	*Potassium 122 mg*	*18%*
Total Carbohydrate 75 g	*25%*	*Total Carbohydrate 8 g*	*25%*
Dietary fiber 8 g	*32%*	*Dietary fiber 0.4 g*	*32%*
Sugar 63 g		*Sugar 6 g*	
Protein 2.4 g	*4%*	*Protein 0.6 g*	*4%*
Vitamin A	*0%*	*Vitamin A*	*11%*
Vitamin C	*%*	*Vitamin C*	*13%*
Calcium	*3%*	*Calcium*	*0%*
Iron	*5%*	*Iron*	*1%*

Vitamin D	*0%*	*Vitamin D*	*0%*
Vitamin B6	*10%*	*Vitamin B6*	*0%*
Magnesium	*10%*	*Magnesium*	*2%*

Lesson no. 105 Guidance during illness: -

INTRODUCTION

While we are recovering from illness, our body is working extra hard to repair & rebuild itself. Any type of illness can cause a loss of appetite, leading to deplete nutrients & weight loss. Energy levels can fall dramatically during illness, so maintaining your carbohydrate intake as energy foods, this will help provide the body with the fuel it needs to function efficiently & recover quickly. (During recovery period)

So eat carbohydrate rich food such as bread, rice or pasta with each meal to supply extra energy to your body.

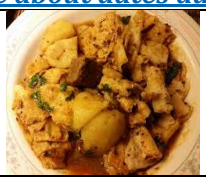
'It is especially important to eat plenty of carbohydrates when you are ill because it will not only boost your energy levels but also help prevent depression or feelings of lethargy,' 'This is because your brain needs glucose to function efficiently & prevent it from becoming lethargic & depressed.'

Carbohydrates are an important source of glucose & if your carbohydrate levels are low, your body & brain will lack energy & may take longer to recover from illness.

From the below Hadees you will come to know that Nabi ﷺ stopped Ali ؓ from eating more dates & advised to eat Barely chapatti & Sareed (a thin soup like gravy) by this we come to know how well versed was Nabi ﷺ about what to be eaten during recovery period because barely & sareed have more carbohydrate & calories.

Nabi ﷺ's guidance during illness: -

Guidance about dates during illness & after illness: -



1. Hazrat Umme Munzir رضی اللہ عنہا says that, Rasoolullah ﷺ & Hazrat Ali ؓ both came home, she had Dawaal (دوال)(bunches of dates), she served Dawaal(دوال) to both, both started to eat the dates, but when Hazrat Ali ؓ had eaten 7 dates (approximately) he was stopped by Rasoolullah ﷺ from eating more, & He ﷺ said to Hazrat Ali ؓ that you were ill last days & now you are weak, so do not eat more, Hearing to this Hazrat Umme Munzir رضی اللہ عنہا prepared Sareed (ثرید) (thin gravy) of meat, beet root & chapatti(خبز) from Jaw (الشعیر) (barely flour) & served to both, on this Rasoolullah ﷺ said to Hazrat Ali ؓ eat this dish, this is beneficial for you.
[Tirmizi: 2170; Book. 28; English vol. 4, Book. 2, Hadees. 2036]

Guidance during eye pain: -

2. Hazrat Suhaib ؓ reports that his right eye was paining & he was eating dates (تمر) looking to this; Rasoolullah ﷺ said that, you are eating Tamar (تمر) (dates) in spite of eye pain, On this Hazrat Suhaib ؓ said that I am eating from left side & my right eye is paining. *(Baihaqi: 20047)*

Do not force sick to eat: -

3. Narrated by Uqbah Bin Aamir Al Juhani ؓ says that Nabi ﷺ said: "Do not force you're sick to eat, for indeed Allah ﷻ provides them food & drink.*[Tirmizi: 2175; Book. 28; English vol. 4; Book. 2, Hadees. 2040]*

The detail given below is according to Ulama & Islamic Scholars & not from Hadees.

Quranic verse to restoration of health: -

فَأَقِمْ وَجْهَكَ لِلدِّينِ حَنِيفًا ۚ فِطْرَتَ اللَّهِ الَّتِي فَطَرَ النَّاسَ عَلَيْهَا ۚ لَا تَبْدِيلَ لِخَلْقِ اللَّهِ ۚ ذَٰلِكَ الدِّينُ الْقَيِّمُ ۙ وَلَٰكِنَّ أَكْثَرَ النَّاسِ لَا يَعْلَمُونَ ﴿٣٠﴾

So set you (O Muhammad ﷺ) your face towards the religion of pure Islamic Monotheism Hanifa (worship none but Allah ﷻ Alone) Allah ﷻ's Fitrah (i.e. Allah ﷻ's Islamic Monotheism), with which He has created mankind. No change let there be in Khalq-illah (i.e. the Religion of Allah ﷻ Islamic Monotheism), that is the straight religion, but most of men know not. *[Tafsir At-Tabari, Vol. 21, Page 41]*

Recite the above verse of ***Chapter No. 30 (Surah) Al-Room verse no. 30***for 21 times every day after Dawn &Asr prayer).

Lesson no. 106 Medicine on Empty stomach & early morning: -

INTRODUCTION

All natural herbs & medicated food stuffs should be taken on empty stomach especially early morning, but all the allopathic medicines should be taken as prescribed by the doctors. Please read scientific benefits given below.

Nabi ﷺ's guidance about taking things on empty stomach & early morning: -

Dates to be eaten on empty stomach early morning: -

1. Hazrat Aamir Bin Saad Abu Waqqas ؓ heard from his father that Nabi ﷺ said that anyone who eats 7 Tamar (تمر) (dates) daily, which grow between these two lava plains (two Madinah (المدينه) mountains) empty stomach, early morning, than till evening, will not be affected with poisoning (سُمٌّ)& black magic (سحر) (witch craft) & if eats at evening, will be safe from poison (سُمٌّ)& black magic (سحر) (witch craft) till morning.*[Muslim: 2047 A; Book. 36; English Book. 23; Hadees. 5080]*

2. Hazrat Abdullah Ibn Abbas رضی الله عنهما says that Rasoolullah ﷺ guided that eat Tamar (تمر) (dates) on empty stomach early morning, by this worm of stomach get killed.

[Musnad Firdous: 4813]

3. Hazrat A'isha رضی الله عنها says that Rasoolullah ﷺ guided that, The Ajwah dates of 'Aliya' contain healing effects & these are antidote (for poisoning) if eaten early morning.

[Muslim: 2048; Book. 36; English Book. 23; Hadees. 5083]

4. Hazrat Saad ؓ says that Rasoolullah ﷺ guided that eat 7 Ajwah (عجوة) (dates) early morning empty stomach, that day, the person will be saved from poisoning (سم)& black Magic (سحر) (witch craft).

[Bukhari: 5769; Book. 76; English vol. 7; Book. 71; Hadees. 664]

Eating watermelon on empty stomach: -

5. Nabi ﷺ guided that eating watermelon (البطيخ) before meal (empty stomach) cleans the stomach & removes diseases.

[Faizul Qadeer: 10014]

Best Time to eat Quince (Safarjal): -

6. Hazrat Anas Bin Malik ؓ says that Nabi ﷺ said to eat Quince (السفرجل) early morning on empty stomach.

[Kanz al-Ummal: 28259]

Wet cupping (Hijamah) is best if done on empty stomach: -

6. Hazrat Anas Bin Malik ؓ says that Nabi ﷺ said to eat Quince (السفرجل) early morning on empty stomach.

[Kanz al-Ummal: 28259]

7. Hazrat Ibn Umar رضی الله عنهما says that wet cupping (الحجامة) on empty stomach is best for cure, (& has) blessing & improves memory & intellect.*(It is a part of Hadees).*

*[Ibn Ma-jah 3616; Book. 31; English vol. 4; Book. 31, Hadees. 3487.]*8. Hazrat Ibn Umar رضی الله عنهما said: 'O Nafi'! The blood is boiling in me. Bring me a cupper but let it be someone gentle if you can & let him be a young man, not an old man or a boy, for I heard' Nabi ﷺ saying that Hijamah (الحجامة) on empty stomach is best, in it, is cure & blessings, it improves intellect & memory & further said do (undergo) Hijamah (الحجامة)yourselves with blessings of Allah ﷻ on thursday& keep away from Hijamah (الحجامة) on wednesday, friday, saturday & sunday (to be safe) & said perform Hijamah (الحجامة) on Monday & Tuesday for it is the days Allahﷻ saved Hazrat Ayyub ؑ from a trail (aazmaeesh) & He was inflicted with the trail on Wednesday & said You will not find (skin diseases like) Juzaam & Barss (leprosy or other severe skin diseases) except on Wednesday (or Wednesday night).

[Ibn Ma-jah: 3616 & 3617; Book. 31; English vol. 4; Book. 31, Hadees. 3487 & 3488]

Means severe skin diseases mentioned in Hadees are send down on earth on Wednesday or Wednesday night only also please note many scholars advice not to shave hairs on Wednesday.

Guggul on empty stomach: -

9. Hazrat Anas Bin Malik ﷺ says that they were in Nabi ﷺ's company, one person came & complaint about his weak memory (النسيان) to Nabi ﷺ & He ﷺ replied: "Take Guggul (الكندر) soak it in water, overnight & drink this water early morning empty stomach because it is best for Nisyaan (النسيان) (lack of memory).

[Al-Tibb Al-Nabawi (Al-Jawzi) vol 1; page. 294]

Drink fat-tail on empty stomach for lower back pain: -

10. Hazrat Anas Bin Malik ﷺ says that Nabi ﷺ said: "The cure for lower back pain **(عرق النساء)** is in fat-tail of Bedouin sheep, its fats should be melted & divided into 3 parts & each part (should) be taken each day on empty stomach.

[Ibn Ma-jah: 3592; Book. 31; English vol. 4; Book. 31, Hadees. 3463]

Scientific benefits of taking medicine on empty stomach early morning: -

Some medicines need to be taken 'before food' or 'on an empty stomach'. This is because food can affect the way these medicines work.

For example, taking some medicines at the same time as eating may prevent your stomach & intestines absorbing the medicine, making it less effective. Alternatively, some foods can interact with your medicine, either by increasing or decreasing the amount of medicine in your blood to potentially dangerous levels or levels that are too low to be effective. Some foods can neutralize the effect of certain medicines. Some examples of foods or drinks which can interact with medicines include: grapefruit juice, cranberry juice, foods high in vitamin K such as leafy green vegetables, salt substitutes or food supplements high in potassium such as bananas.

As a general rule, medicines that are supposed to be taken on an empty stomach should be taken about an hour before a meal, or two hours after a meal. Forgetting these instructions on rare occasions is unlikely to do any harm, but taking these medicines with food regularly may not work.

Questions & answered about taking medicines: -

Question: I've been taking the same prescription medicine for years. Even though I'm careful to take the same amount as always, the medicine is not working like it did in the past. What is happening?

Answer: As you get older, normal changes happen in the body. You lose water & muscle tone. Also, our kidney & liver may not pass the drugs as quickly through our system as when we were younger. This means that many medicines act differently in older people. Medicine may take longer to leave your system. Talk to your doctor if you think the medicine is not working as it should.

Question: Why should I talk to my doctor about the remedies, vitamins & OTC (over-the-counter) medicines I take, along with my regular prescriptions?

Answer: It is very important to tell your doctor about all the medicines you take. Taking some OTC medicines with your prescription drugs can be downright dangerous. For example, you should not take aspirin if you are on warfarin.

Some OTC drugs can lead to serious problems if used too often or with certain other drugs. Combining drugs without talking to your doctor could make you sick.

Over-the-counter (OTC) drugs are medicines sold directly to a consumer without a prescription, from a healthcare professional.

Question: I'm feeling sick & irritation in my stomach a lot, since I started my new pills. Some days I feel so sick I think about not taking the medicine. What should I do?

Answer: Talk to your doctor about any side affects you feel before you stop taking the medicines. Your doctor may have tips that can help, such as eating a light snack with your pills. You may talk to your doctor about switching to a new medicine.

Question: What does it means, to take medicines on an empty stomach?

Answer: Taking medicines on an empty stomach means that you should take your pills 2 hours before you eat or 2 hours after you eat.

Lesson no. 107 Contagious Diseases&enforcing Quarantine: -

INTRODUCTION

A contagious diseases are a subset category of transmissible diseases (can transmit from person to another), usually infections or some non-infection diseases, which are transmitted to other persons, either by physical contact (hence the name-origin) with the person suffering the disease, or by casual contact with their secretions or objects touched by them or airborne route among other routes.

Islamic point of view is that contagious diseases are spread with Allah ﷻ Will only. As mentioned in Hadees no. 2 please read it below.

Contagious diseases can be spread mostly in 3 ways. 1) Direct physical contact with an infected person. 2) Direct physical contact with objects & other surfaces that an infected person has touched. 3) Coming in contact with airborne bacteria (through sneezing & coughing).

Quarantine is used to separate & restrict the movement of persons; it is a 'state of enforced isolation'. This is often used in connection to disease & illness, such as those who may possibly have been exposed to a communicable disease.

Communicable diseases spread from one person to another or from an animal to a person. The spread often happens via airborne viruses or bacteria, but also through blood or other bodily fluid. The terms ***infectious***&***contagious*** are also used to describe communicable disease.

What is the difference between infectious & contagious diseases?

Infectious diseases: are caused by microscopic germs (such as bacteria or viruses) that get into the body & cause problems. Some - but not all - infectious diseases spread directly from one person to another. Infectious diseases that spread from person to person are said to be ***contagious***. Some infections spread to people from an animal or insect, but are not contagious from another human. Lyme disease is an example: You can't catch it from someone you're hanging out with or pass in the street. It comes from the bite of an infected tick.

Contagious diseases: (such as the flu, colds, or strep throat) spread from person to person in several ways. One way is through direct physical contact, like touching or kissing a person who has the infection. Another way is when an infectious microbe travels through the air after someone nearby sneezes or coughs. Sometimes people get contagious diseases by touching or using something an infected person has touched or used - like sharing a straw with someone who has mono or stepping into the shower after someone who has athlete's foot. & sexually transmitted diseases (STDs) are spread through all types of sex - oral, anal, or vaginal. We can help protect yourself against contagious diseases by washing your hands well & often, staying away from those who are sick, making sure you're up to date on all vaccinations & always using condoms during any type of sex.

Nabiﷺ's guidance about contagious disease & quarantine: -

About leprosy patient: -

1. Narrated from a man from Al Ash-Sharid, who was called Amr that his father said: "Among the delegation of Thaqif there was a man who suffered from leprosy. Nabi ﷺ sent word to him saying: 'Go back, for I have accepted your pledge."

[An-Nasa'i: 4182; Book. 39; English vol. 5; Book. 39, Hadees. 4187]

There is no contagious disease expects Allahﷻ's will: -

2. Narrated by Abdullah Bin Umar رضی الله عنهما that Nabi ﷺ said: "There is neither A'dwa (لا عَدْوٰى) (no contagious disease is conveyed to others without Allahﷻ's permission) nor Tiyara, but an evil omen may be in three, a woman, a house or an animal."

[Bukhari: 5753; Book. 76; English vol. 7; Book. 71; Hadees. 649]

3. Narrated by Abu Hurairah ؓ said that Nabi ﷺ said: (There is) no 'Adwa (no contagious disease is conveyed without Allahﷻ's permission) nor is there any bad omen (from birds), nor is there any Hamah, nor is there any bad omen in the month of Safar & one should run away from the leper (a person suffering from leprosy) as one runs away from a lion.

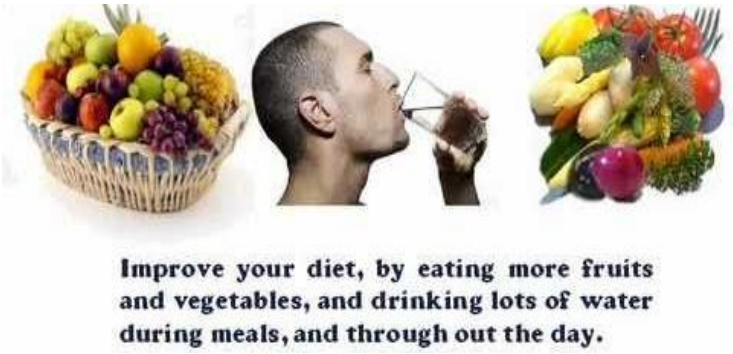
[Bukhari: 5707; Book. 76; English vol. 7; Book. 71; Hadees. 608]

List of contagious diseases: -

The list below is of contagious diseases, they may range from highly contagious to only mildly. & the duration varies as well. As the name implies, sexually transmitted diseases, or STDS, are contagious. They are transmitted human to human via some type of sexual contact. List of these infectious diseases include: -

HPV, crabs, herpes, syphilis, virginitis, hepatitis, HIV/AIDS, chancroi, gonorrhea, chlamydia, trichomoniasis, non-gonococcal urethritis, pelvic inflammatory diseases. All respiratory diseases, athlete's foot, bronchitis, chickenpox,

cold sores, common cold, conjunctivitis (pink eye), coxsackievirus, crabs-group-cryptosporidiosis, diphtheria, encephalitis, epstein-barr virus, fifth disease flu (Influenza), fungal skin infections, giardiasis, hepatitis B, impetigo. Also infectious mononucleosis, leprosy, leptospirosis, lice, malaria, measles, meningitis, meningococcemia molluscum, contagiosum mononucleosis, mumps, nail fungus, pertussis (whooping cough), plantar warts, poliomyelitis (polio), ringworm, roseola infantum, scabies, scarlet fever, shigellosis, smallpox, staph infection (MRSA), strep throat-swine, flu, syphilis, tetanus, tonsillitis, tuberculosis, virginitis, viral gastroenteritis, viral laryngitis, skin diseases & etc.

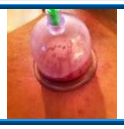


Lesson no. 108 Treat all diseases, many diseases, 70 diseases, Best Medicine, best treatment & khair in treatment: -

INTRODUCTION

Diseases are disorder of structure or function in human, animal, or plant, especially one that produces specific symptoms or that affects a specific location & not due to direct physical injury. It is a pathological condition of a body part, an organ, or a body system resulting from various causes, such as infection, genetic defect, or environmental stress & characterized by an identifiable group of signs & symptoms resulting to disordered or incorrectly functioning organ, part, structure, or system of the body resulting from the effect of genetic or developmental errors, infection, poisons, nutritional deficiency or imbalance, toxicity, or unfavorable environmental factors; illness; sickness; ailment.

Islamic point of view is that we get infected with the Will of Allah ﷻ alone & get cured by Allahﷻ's Will only, though Allah has ordered to use medicines & also it is Sunnah to use medicine, please read the first three lesson of part -1 of this book to learn about rules & principles of treatment. The medicines act as per Allahﷻ's Will only. Treatment includes uses of herbs, food, medicines, Dua & Ruqyah (spiritual treatment by reciting Quranic verses & Dua of Nabi ﷺ).

		
Honey	*Wet Cupping*	*Cauterization*
Olive Oil White	*Costus (Qust Al Bahri)*	*Dark Costus (Qust Al Hindi)*

Nabiﷺ's guidance about contagious & treatments: -

Honey & wet cupping amongst the best treatment & has benefits (khair): -

1. Hazrat Jabir Bin Abdullah ﷺ says that Nabi ﷺ said that "Among your medicines, which have khair (خير) (cures) is wet cupping (محجم) (blood- letting) & a drink of Honey (شربة عسل)& cauterization, & said it (cauterization) is disliked by Me.

[Bukhari: 5683; Book. 76; English vol. 7; Book. 71; Hadees. 587]

2. Hazrat Ibn Abbas رضى الله عنهما says that Nabi ﷺ said that there is Shifa (شفاء) (healing) in 3 things: -

A drink of Honey (شربةعسل),

Cut of wet cupping (الحجامة),

Cauterization (كيه بناء) (It is burning therapy).

But Nabi ﷺ forbid cauterization (كيه بناء) to ummat (means dislike).

[Ibn Ma-jah: 3620; Book. 31; English vol. 4; Book. 31, Hadees. 3491]

3. Hazrat Ibn Abbas رضى الله عنهما says that Rasoolullah ﷺ said: Amongst the treatment you do, the best is to put medicine (دواء) in nose (السعوط), to put medicine (دواء) in one side of mouth (اللدود), hijamah (الحجامة) (wet cupping) & walking (المشى).

[Tirmizi: 2184; Book. 28; English vol. 4; Book. 2, Hadees. 2047]

(المشى) Walking here is considered as (peristalsis) movement of intestine by Imam Qayyim (ra) & senna is best to improve peristalsis & use as a laxative; please refer lesson no. 48 Senna in part-2. Also there are more Hadees in which it is advised to put medicine in nose.

Peristalsis is the involuntary constriction & relaxation of the muscles of the intestine or another canal, creating wave-like movements which push the contents of the canal forward.

4. Hazrat Abu Hurairah ؓ says that Rasoolullah ﷺ said: There is cure for all diseases when Hijamah (الحجامة)(wet cupping) is done on 17th or 19th or 21st" (of Islamic date).

[Abu Dawud: 3861; Book. 29; English Book. 28; Hadees. 3852]

5. Hazrat Abu Hurairah ؓ says that Nabi ﷺ said: If there is anything excellent which can be used for treatment; it is Hijamah (الحجامة) (Wet Cupping).

[Ibn Ma-jah: 3605; Book. 31; English vol. 4 Book. 31, Hadees. 3476]

6. Hazrat Abu Hurairah ؓ says that Nabi ﷺ said: "Among the treatment you do, if anything has Khair (خير), it is wet cupping (الحجامة).*[Abu Dawud: 3857; Book. 29; English Book. 28; Hadees. 3848]*

Wet cupping (hijamah) & white costus are best treatments: -

7. Hazrat Anas ؓ says that Rasoolullah ﷺ said: The best things which can be used for healing, is Hijamah (الحجامة) (wet cupping) & white costus (Qustul Bahri) (القسط البحرى)& said do not press the back of the throat of your children for Azrah (العزرة) (a throat infection) but use Al-Qust.*[Bukhari: 5696; Book. 76; English vol. 7; Book. 71; Hadees. 599]*

(It is a part of Hadees)Please refer lesson no. 47Qust

Wet Cupping (blood-letting) is Hijamah, a therapy in which blood is removed by vacuum method & it is Sunnah. (Refer Lesson no. 17 Hijamah).

Olive oil for 70 diseases: -

8. Hazrat Abu Hurairah ؓ says eat Zait (زيت) (Olive oil) & massage (with it) in it there is cure for 70 (سبعين) diseases, including Juzaam (الجذام) (leprosy) (kodh).*[Abu Nu-aim/Al Zait: 684]*

Cress, a cure for all diseases: -

9. Hazrat Abu Hurairah ؓ said to Qais Ibn Rafi ؓ that Rasoolullah ﷺ said: "You have Assafa (الثفاء) (cress) present for you; Allah ﷻ has put healing in it for every diseases from leprosy. Nabi ﷺ sent word to him saying: 'Go back, for I have accepted your pledge."*[Al Tibb Al-Nabawi (Al-Jawzi); page no. 640]*

Black Caraway (Kalonji) (Habbat Sauda'a) is cure for all diseases: -

10. Hazrat Abu Hurairah ؓ says that Rasoolullah ﷺ said: Black Caraway (الحبة السوداء) (Kalonji) has cure for all diseases except death & Habbat Al Sauda'a are Shuwniz.

[Ibn Ma-jah: 3573; Book. 31; English vol. 4 Book 31, Hadees. 3447]

11. Narrated by Usman Bin Abdul Malik that, he heard Salim Bin Abdullah ؓ narrating from his father, that Rasoolullah ﷺ said: "You make yourself use Black Caraway (الحبة السوداء) regularly so that there is cure for all diseases in it except death".

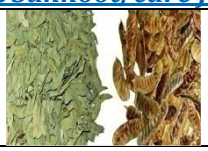
[Ibn Ma-jah: 3574; Book. 31; English vol. 4 Book 31, Hadees. 3448]

A preparation with Black Caraway (Kalonji) for sick person: -

12. Hazrat Khalid Ibn Saad ؓ says that I & Ghalib Ibn Jabar ؓ were travelling & Ghalib Ibn Jabar ؓ fell ill, Than we came Madinah, Ibn Abi Ateeq visited him, (because Ghalib Ibn Jabar was ill) Ibn Abi Ateeq was nephew of Hazrat A'isha رضى الله عنها& advice to use 5 or 7 seeds of Black Caraway (Kalonji) (الحبة السوداء) crushed & mix in little olive oil (زيت) & put the preparation in both nostrils. Ibn Abi Ateeq says that he heard Hazrat A'isha رضى الله عنها saying that Rasoolullah ﷺ said that Habbat Sauda'a (الحبة السوداء) (black Caraway seed) has cure for every diseases except death & Hazrat Galib Ibn Jabar ؓ got well.

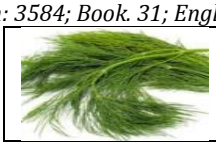
[Ibn Ma-jah: 3575; Book. 31; English vol. 4; Book. 31, Hadees. 3449]

Sanna & Sannoot, cure for every diseases: -



13. Ibrahim Bin Ablah heard from Abu Bin Umme Haram رضی اللہ عنہا that Rasoolullah ﷺ said that "For you Sanna (senna) (السنا) & Sannoot (السنوت) (Dill or else) is present, these have cure (شفاء) for all diseases except (Saam) death, to this, he asked, to Rasoolullah ﷺ what is Saam (السام)? Rasoolullah ﷺ replied death (الموت).

[Ibn Ma-jah: 3584; Book. 31; English vol. 4; Book. 31, Hadees. 3457]



14. Hazrat Abu Ayyub Ansari ؓ says that Rasoolullah ﷺ said Sanna (senna) (السنا) & Sannoot (السنوت) (dill or else) are medicines (دواء) for all diseases.*(kanz al-ummal: 28270 & Baihaqi: 20065)*

Use Honey & Rain water for diseases: -

15. Hazrat Anas Bin Malik ؓ says that Nabi ﷺ said: With your Halal (pure)(حلال)earnings, buy Honey (عسل)& use it (Honey) with Rain water, this will help in Shifa (شفاء)for all diseases.*[Kanz al-Ummal: 28176]*

Cow Milk, a remedy for diseases: -

16. Hazrat Abdullah Bin Masood ؓ says that Rasoolullah ﷺ said: Allahﷻ has created remedies for all diseases & drink cow milk (اللبن)because cow feeds herself by eating all types of grasses & plants. *[Kanz al-Ummal: 28212]*

17. Hazrat Abi Abdullah Bin Masood ؓ says that Rasoolullah ﷺ said: Treat your diseases with cow milk(اللبن) because Allahﷻ has kept Shifa (cure) in it, because cow feeds herself by all types of grasses & plants.*[Tabrani: 9788]*

Cow Milk & its ghee the best medicine, but meat of it is disease: -

18. Hazrat Mulaika Bint Amr رضی اللہ عنہا says that Rasoolullah ﷺ said: "There is cure in Cow milk, its ghee/butter is beneficial, but its meat is disease.*[Abu Nu-aim: 858]*

19. Hazrat Abdullah Bin Masood ؓ says that Nabi ﷺ said: "For your benefit, cow milk (اللبن) is present, its Milk (اللبن)& Ghee are best medicine, but its meat has diseases".*[Abu Nu-aim: 858]*

Camel's milk & its benefits: -

20. Hazrat Tariq Bin Sahab ؓ says that Rasoolullah ﷺ said: For you (she) camel's milkis very much helpful, she feeds herself with all types of grasses & plants, & there is cure for all diseases (داءکلمنشفاء) in it". *[Jamiul Hadees vol. 14; page. 269]*

For the cure of any illness: -

21. Hazrat A'isha رضی اللہ عنہا reported that when any person amongst us fell ill, Nabi ﷺ used to rub him with His Right Hand & then recited:

"أَذْهِبِ الْبَاسَ رَبَّ النَّاسِ وَاشْفِ أَنْتَ الشَّافِي لاَ شِفَاءَ إِلاَّ شِفَاؤُكَ شِفَاءً لاَ يُغَادِرُ سَقَمًا"

O Lord of the people, grant him health, heal him, for Thou art a Greet Healer. There is no healer, but with Thy healing Power one is healed & illness is removed. *[Muslim: 2191 A; Book. 39; English Book. 26; Hadees. 5432]*

The best treatments: -

22. Hazrat A'isha رضی اللہ عنہا narrated that during the Prophet ﷺ's fatal illness, He ﷺ used to recite the Mu'auwidhat *(Surah An-Naas &Surah Al- Falaq)*& then blow His Breath over His Body. When His illness was aggravated, I used to recite those two Surahs & blow my breath over Him ﷺ & make Him rub His Body with His Own Hand for its blessings." (Mamar asked Al Zuhri: How did Nabi ﷺ use to blow? Al Zuhri said: He ﷺ used to blow on His Hands & then passed them over His Face).

[Bukhari: 5735; Book. 76; English vol. 7; Book. 71; Hadees. 631]

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

Quranic verses for restoration of health from every diseases: -

وَإِنْ يَمْسَسْكَ اللَّهُ بِضُرٍّ فَلَا كَاشِفَ لَهُ إِلَّا هُوَ ۖ وَإِنْ يَمْسَسْكَ بِخَيْرٍ فَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ﴿١٧﴾

And if Allahﷻ touches you with harm, none can remove it but He, and if He touches you with good, then He is Able to do all things.

Recite the above verse of ***Chapter No. 6 (Surah) Al-Anaam verse no, 17***for 21 times every day after the prayer of Fajar &Asr)

Please refer Lesson no. 63Milk in part-2, Lesson no. 17 Hijamah in part-1, Lesson no. 47 Qust&Lesson no. 48 Sanna in part-2 of this Book so that you understand the concept properly.

Lesson no. 109 Preparations for sick:-

INTRODUCTION

Preparations for sick consist of special herbs used according to the diseases cooked with a light meal & given to a sick person to eat, by this our food becomes our medicine & we will be free from side effects of the medicines, but you should know what to use in which disease.

Nabiﷺ's guidance about preparations for sick: -

Preparation for sick person: -

1. Once Hazrat Saad Bin Abi Waqqas ؓ fell ill in Makkah, Nabi ﷺ visited him & asked to call a doctor, Al Haris Bin Kuladah was called, he came & examined Hazrat Saad ؓ & said he is not serious &advised to take dates (khajur), barley (jaw) & boiled fenu greek seeds in water (methi) & prepare broth (soup like gravy) than put honey on it & give to Hazrat Saad ؓ at early morning, luke-warm. & Hazrat Saad ؓ got well; Nabi ﷺ liked the preparation advised by Al Haris Bin Kuladah.

[Al-Tibb Al-Nabawi Harful Haa, vol. 1; page. 230]

2. Hazrat Saad Bin Abi Waqqas ؓ says that he fell ill, he had chest pain, Rasoolullah ﷺ visited him & kept His Respected Palm on Hazrat Saad ؓ's chest, Hazrat Saad ؓ felt the soothing effect in his whole chest & Rasoolullah ﷺ prayed for him, & said that Sa'ad is suffering from cardiac problem& Rasoolullah ﷺ advised to take Hazrat Saad ؓ to Haris Bin Kuladah (a hakim) & Rasoolullah ﷺ said the physician should give 7 Ajwah **(عجوة)** (dates) of Madinah**(المدينه)** crushed& with its seed grinded & put it in your mouth.

[Abu Dawud: 3875; Book. 29; English Book. 28; Hadees. 3866]

List to maintain heart health: -

Eat More	Eat Less
Healthy fats: raw nuts, olive oil, fish oils, flax seeds, or avocados	*Trans fats from partially hydrogenated or deep-fried foods; saturated fats from fried food, fast food & snack foods*
Nutrients: colorful fruits & vegetables - fresh or frozen, prepared without butter	*Packaged foods, especially those high in sodium & sugar*
Fiber: cereals, breads & pasta made from whole grains or legumes	*White or egg breads, sugary cereals, refined pastas or rice*
Omega 3 & protein: fish & shellfish, poultry	*Processed meat such as bacon, sausage & salami & fried chicken*
Calcium & protein: Eggs, skim or whole milk, cheeses or unsweetened yogurt	*Yogurt with added sugar, processed cheese*

Good Sources of Fiber: -

Good Sources of Fiber		
Food	**Serving size**	**Fiber grams**
CEREALS		
Fiber One	1/2 cup	14
All-Bran	1/2 cup	10
Bran Flakes	1 cup	7
Shredded Wheat	1 cup	6

Good Sources of Fiber		
Oatmeal (cooked)	1 cup	4

VEGETABLES		
Spinach (cooked)	1 cup	4
Broccoli	1/2 cup	3
Carrots	1 medium	2
Brussels sprouts	1/2 cup	2
Green beans	1/2 cup	2
BAKED GOODS		
Whole-wheat bread	1 slice	3
Bran muffin	1	2
Rye bread	1 slice	2
Rice cakes	2	1

LEGUMES (cooked)		
Lentils	1/2 cup	8
Kidney beans	1/2 cup	6
Lima beans	1/2 cup	6
Baked beans (canned)	1/2 cup	5
Green peas	1/2 cup	4

GRAINS (Cooked)		
Barley	1 cup	9
Wheat bran, dry	1/4 cup	6
Spaghetti, whole wheat	1 cup	4
Brown rice	1 cup	4
Bulger	1/2 cup	4
FRUIT		
Pear (with skin)	1 medium	6
Apple (with skin)	1 medium	4

Good Sources of Fiber		
Strawberries (fresh)	1 cup	4
Banana	1 medium	3
Orange	1 medium	3
DRIED FRUIT		
Prunes	6	12
Apricots	5 halves	2
Raisins	1/4 cup	2
Dates	3	2
Plums	3	2
NUTS & SEEDS		
Peanuts, dry roasted	1/4 cup	3
Walnuts	1/4 cup	2
Popcorn*	1 cup	1
Peanuts*	10	1
Filberts, raw	10	1
Choose no-salt or low-salt version of these foods		

Diabetes Mellitus: Insulin is secreted by the pancreas; in a diabetic patient it is inadequate to utilize the glucose in the blood. The glucose cannot be converted to energy & this leads to excessive blood sugar levels. This is dangerous as it can lead to serious complications. The first prescription a diabetologist gives is a food prescription. If it is strictly adhered to, in the early stages, there's no need to pop a pill.

Diabetes patients must: -

Eat measured quantities of cereal foods.
Eat at smaller intervals.
Eat less carbohydrate & fatty foods.
Avoid pure sugar forms like crystallized sugar, sweets & confectionery.
Eat plenty of high-fiber foods like vegetables & sprouted legumes.
Eat moderate amounts of citrus fruits & other low sweet fruits like papaya, guava, melon, pear & apple.

Hypertension (High blood pressure):Hypertension merely means high blood pressure. The diet below is for the primary hypertension patients, whose high blood pressure is caused by unknown or hereditary causes. (Secondary hypertension patients must follow the diet as per their actual disease.) As a general rule, all hypertension patients must keep their blood pressure under control with proper medicines & follow right diet.

A hypertensive individual must: -

Reduce salt in the usual foods
Avoid high sodium foods like pickles, pappads, chips ,fried items & processed foods containing Mono Sodium Glutamate
Never reach out for the salt sprinkler
Never put on excessive weight
Eat plenty of fruits & vegetables
Exercise mildly but regularly

Ulcer: This is tummy trouble. The inner walls of the stomach (as in gastric ulcer) or the duodenum (as in duodenal ulcer) are broken resulting in inflammation. This painful condition requires careful monitoring of the food ingested. Intake of the wrong food can cause serious aggravation of the problem.

Ulcer patients must: -

Eat high protein food as protein helps in faster healing of the ulcer.
Eat food in small quantities & at small intervals. A heavy stomach can be very uncomfortable.
Eat food that is soft in texture & taste. Plenty of milk, eggs, soft boiled cereals, porridges, mashed potatoes can be taken with little sugar or salt.
Avoid green chillies, red chillies & pepper. Keep all types of spices & condiments at bay until complete cure.

Kidney Diseases: -*They can be classified into 3 types.*

1. Acute Renal Failure: In this condition, the kidneys are unable to excrete the protein (breakdown products). Hence the diet has to be low in protein, of high biological value with adequate calories to prevent energy utilization from tissue proteins. The fluid & electrolytes like sodium & potassium must be taken in measured amounts, according to the guidance of the dietician.

2. Chronic Renal Failure: This condition too requires diet to be advised to individual needs. The intake has to be periodically adjusted depending on the biochemical test readings.

A patient must follow these rules regarding diet: -

Take adequate quantities of energy foods.

Do not take excessive quantities of water, sodium & potassium that are excreted through kidneys.

Monitor the ability of the kidneys to excrete the nitrogenous wastes & salts. Take a low protein diet depending on that.

A dose of multivitamin is helpful.

Nephrotic Syndrome: The principal features of this condition are loss of albumin in urine, decrease in plasma albumin & marked oedema.

Patient must: -

Compensate the urinary loss of albumin through a high protein diet.

Counteract the oedema through restricted sodium intake.

Heart Diseases: In disorders of the heart & circulatory system, prepare the diet with the following rules in mind: -

Reduce the energy value of the diet, if the patient is overweight.

Restrict the sodium intake if oedema is present.

When serum lipids are raised, reduce intake of saturated fats & cholesterol

High blood cholesterol is usually associated with increased incidence of coronary diseases. Cholesterol is found only in fats obtained from animal sources such as egg yolks, milk, cheese, cream, butter, shell fish, brain, kidneys etc.

To control dietary cholesterol: -

Limit egg yolk intake. However, you can eat egg white.

Substitute skimmed milk for whole milk.

Substitute vegetable fats for animal fats.

Obesity: Are you obese? Sneak a peek at the height-weight table. If you are 110 - 120 percent of the ideal body weight or more, then oops, you are obese! & you have problems piling at your doorstep. You are liable to develop diabetes, cardiovascular disorders, gall stones, varicose veins, abdominal hernia, flat feet, osteoarthritis of the spine, hips & knees (Phew! Isn't it enough?)

Thousands of books have been written on the subject of slimming. But let's take basics one: -

Do not change your diet in a dramatic way. Conform to the basic food you are used to.

Reduce the energy value of the diet.

Eat sufficient quantities of protein, vitamins & minerals.

Eat more of bulky, non-starchy foods.

Do not eat much of sugar, jam, sweets, chocolates, cakes, soft drinks, ice creams, fried foods, canned food, dried fruits & alcohol.

Help yourself to low calorie foods - non thickened soups, skimmed milk, china grass jelly, roasted pappads etc.

Exercise regularly. It must go hand in hand with dieting. There is no substitute for it.

Anaemia (low haemoglobin): If you have anaemia. Millions in the world suffer from it. Anaemia is caused when the normal synthesis of red blood corpuscles are disturbed, the common reasons are deficiency of either iron, Vitamin B12, folic acid or ascorbic acid (Vitamin C) all or any two or anyone of them.

Add on the following foods to overcome the deficiency: -

Iron can be derived from green & leafy vegetables (spinach / paalak), lentils, dates, figs, raisins, whole wheat, jaggery, egg yolk & red meat.

Vitamin B12 is found in muscle meat, fish, cheese, eggs & milk.

Folic acid is found largely in green leafy vegetables.

Ascorbic also known as Vitamin C is principally found in fresh fruits & vegetables. All citrus fruits are a rich source, but our locally found Amla (Nellikkai) is said to be the best source of vitamin C.

Liver Disorders: - Liver is the largest organ with complex functions like protein metabolism, carbohydrate storage & detoxification of some poisons, alcohol metabolism & production of bile. Liver injury is caused by infective agents like acute infective hepatitis or toxic substances like carbon tetrachloride, chloroform & certain drugs. The condition is marked by increased concentration of bile pigment - bilirubin - in blood. This is observed as yellow pigmentation (jaundice). Vomiting, nausea & loss of appetite are significant features of this condition.

Diet: - You can take carbohydrates in the form of fruit juices apart from intravenous glucose, if fluids are tolerated. Food can be later altered to suit your taste. Avoid heavy, spicy food, milk products, oily, fats, stored food, canned food, packed food stuffs, however protein rich food like gram, soy beans, glucose (because it helps & to improve the liver functions) can be eaten.

Hepatic Cirrhosis: - This is the chronic condition resulting from various forms of liver damage, especially in association with alcoholism.

Diet: -

Eat a balanced diet adequate in all nutrients.

Take sufficient quantity of protein.

Appetite is fickle. Monitor diet on daily basis, to maintain a high-protein, high-energy intake.

Cirrhosis may be associated with accumulation of fluid in peritoneal cavity. In such an event, restrict the salt intake.

Porto-Systemic Encephalopathy: - Some patients develop signs of impaired functions of the nervous system. It is found that nitrogen-containing material in the intestine plays an important part in precipitating the condition. Hence high energy & a reduced protein diet are recommended.

Cholecystitis: -This is the inflammation of gall bladder, mostly associated with gallstones & accompanied by obesity. It is more common among women than men.

Acute Cholecystitis: - If you are suffering from acute cholecystitis, remember to: -

Drink plenty of water, glucose & fruit drinks.

Take a low fat diet. (The presence of fat in the duodenum stimulates gall bladder contraction. A low fat diet is appropriate to keep contraction of gall bladder to the minimum, during the period of acute inflammation).

Chronic Cholecystitis: - In this case, if surgery is not advised, a suitable long-term regimen is required. For chronic cholecystitis, we must have a normal fat intake. This helps to counteract stones of the gall bladder, promotes drainage of the biliary system & helps to prevent formation of gallstones. Fats of milk, butter & eggs are usually well tolerated. Avoid vegetables & fruits causing flatulence (the accumulation of gas in the alimentary canal).

Lesson no. 110 Constipation: -

INTRODUCTION

Constipation is a condition in which there is difficulty in emptying the bowels (intestines), usually associated with hardened faeces. It is a (Pathology) infrequent or difficult evacuation of the bowels, with hard faeces, caused by functional or organic disorders or improper diet. Common causes are insufficient dietary fiber intake, inadequate fluid intake & decreased physical activity, side effects of medications, hypothyroidism & obstruction by colorectal cancer.

Nabiﷺ's guidance about constipation: -

Sanna a best laxative: -

1. Hazrat Asma Bint Umair رضی اللہ عنہا says that Rasoolullah ﷺ asked her: “What do you use as a laxative (تستمشين), she replied "Shabram" (الشبرم) (spruge). Rasoolullah ﷺ said it is hot & powerful. (حار، حار), she said: Then I used Sanna (senna) (السنا) as a laxative (تستمشين)& she said that Rasoolullah ﷺ said: "If there would be cure (شفاء) for death (الموت) it would be Sanna (Senna) (السنا).*[Tirmizi: 2225; Book. 28; English vol. 4; Book. 2, Hadees. 2081]*

Best treatment: -

2. Hazrat Ibn Abbas رضی اللہ عنہما says that Rasoolullah ﷺ said: "Amongst the treatment you do, the best is:

a) to put medicine (دواء) in nose (السعوط),

b) to put medicine (دواء) in one side of mouth (اللدود),

c) Hijamah (الحجامة) (wet cupping)

d) Walking (laxatives) (المشى).

[Tirmizi: 2184; Book. 28, English vol. 4; Book. 2, Hadees. 2047]

Walking here is considered as movement of intestines by Imam Qayyim (ra) & senna increases the movement of intestines & best for constipation. (Movement of intestines is called as Peristalsis movement in medical terms).

Please read lesson no. 48 Sanna in part -2 so that you will learn all about it & its benefits.

Diet Plan for Constipated Person: -

The most effective way to treat constipation is by following diet for constipation. This is usually a high fiber diet. Normal stool patterns are different for different people, but if you have not been able to pass stools for several days & have been experiencing pain & discomfort, it means you have constipation. Normal stools should not be painful & should definitely not be difficult to pass. While there are medical treatments available for constipation, most doctors recommend consuming a healthy diet, rich in foods to combat constipation. Some of the best foods for constipation include raw fruits & vegetables that are high in both soluble & insoluble fibers.

Insoluble fiber adds bulk to the food so that stools are relatively easier to pass. Usually the harder a vegetable is, the more fiber it tends to have. Green leafy vegetables have the most rough-age & are very healthy. In addition to considering the foods that you consume, also consider the amount of fluids you consume throughout the day. Drink plenty of water & other beverages such as juices. This will help soften the stools so that they are easier to pass through the intestines.

Foods to Eat: -

Coconut: - It is considered an excellent remedy for constipation. Coconut milk & coconut water are also considered great food for constipation. Adding butter to your diet may also help soften the stools but avoid consuming too much of fats as that can only worsen the condition. Avoid refined foods when constipated.

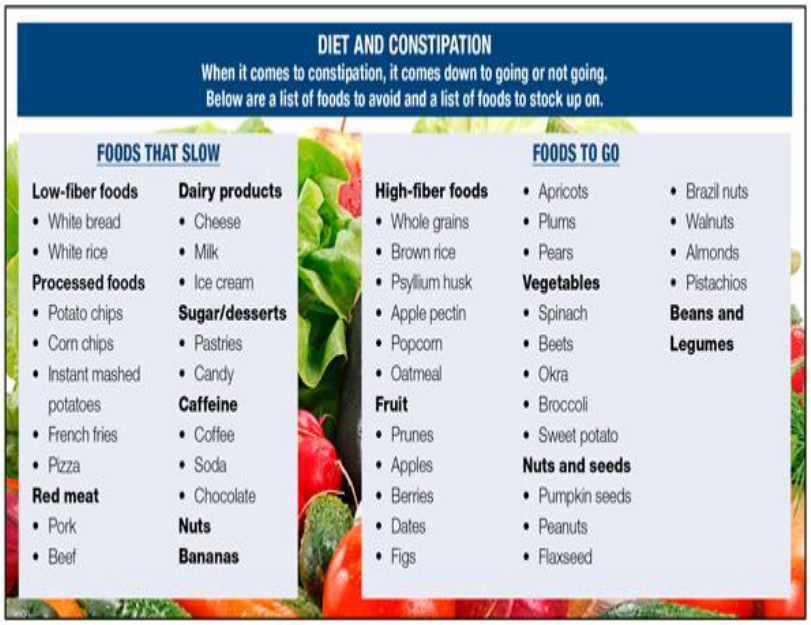
Cottage Cheese: It can also be used as a natural stool softener, but avoid any other milk & dairy products as these can cause other digestion problems.

Breakfast: Start the day with a bowl of fruits or salads. You can also have a sandwich with salads in them. A corn & spinach sandwich with cream cheese is ideal for a healthy & fibrous breakfast. Have a pineapple or an apple along with some orange juice. You can also choose to consume a bowl of high fiber cereal instead of the sandwich.

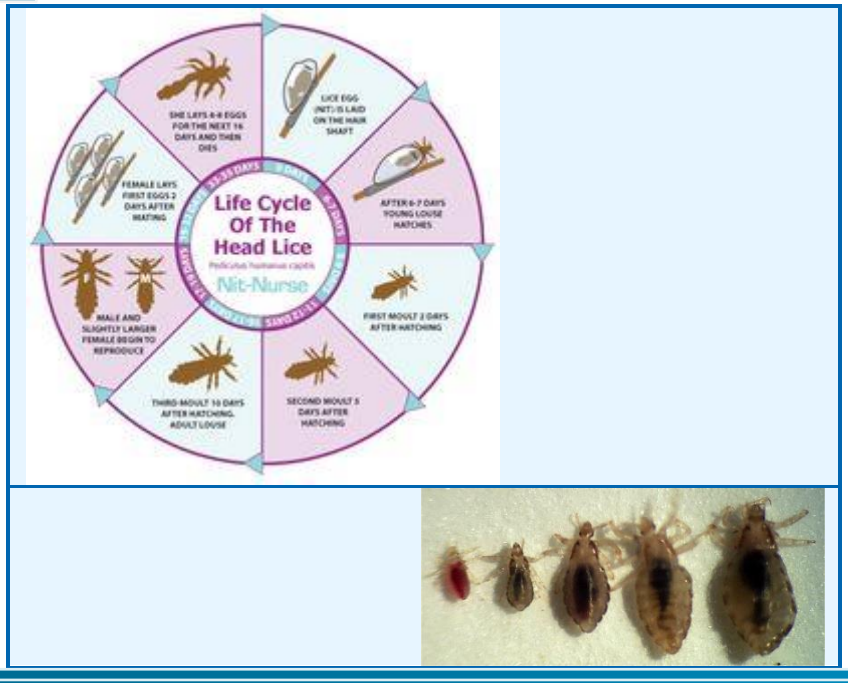
Mid-day Meal: Have a glass of prune juice along with an orange or any other fibrous fruit. Prune juice can soften your stools & help relieve constipation. The fibers from the fruits add bulk to your stools & allow your body to excrete them easily.

Lunch: Whole grain breads with mashed potatoes, a chicken breast & a bowl of salad & vegetables is a healthy & fiber rich meal. Include a portion of cottage cheese. You can also have a turkey sandwich with whole wheat bread & cottage cheese with a bowl of salad.

Dinner: Have a large bowl of tossed salad with lots of lettuce, croutons, apples, prunes, carrots, peas & beans. You can also add celery or asparagus in the mix as that can help add to the fiber content of the salad. You can have a slice of whole grain or multi-grain bread along with your salad. Avoid gravies.



Lesson no. 111 Lice: -



INTRODUCTION

The head lice are tiny, wingless parasitic insect that lives among human hairs & feeds on tiny amounts of blood drawn from the scalp. Lice (the plural of louse) are a very common problem, especially for kids. They're contagious, annoying & sometimes tough to get rid of. Lice aren't dangerous. They don't spread disease, although their bites can make a child's scalp itchy & irritated & scratching can lead to infection. It's best to treat head lice quickly once they're found because they can spread easily from person to person.

Signs of Head Lice: -

Although they're very small, lice can be seen by the naked eye. Here are things to look for. ***Lice eggs (called nits).*** These look like tiny yellow, tan, or brown dots before they hatch. Lice lay nits on hair shafts close to the scalp, where the temperature is perfect for keeping warm until they hatch. Nits look sort of like dandruff, only they can't be removed by brushing or shaking them off.

Unless the infestation is heavy, it's more common to see nits in a child's hair than it is to see live lice crawling on the scalp. Lice eggs hatch within 1 to 2 weeks after they're laid. After hatching, the remaining shell looks white or clear & stays firmly attached to the hair shaft. This is when it's easiest to spot them, as the hair is growing longer & the egg shell is moving away from the scalp.

Adult lice & nymphs (baby lice): The adult louse (singular of lice) is no bigger than a sesame seed & is grayish-white or tan. Nymphs (baby lice) are smaller & become adult lice about 1 to 2 weeks after they hatch. If head lice are not treated, this process repeats itself about every 3 weeks. Most lice feed on blood several times a day & they can survive up to 2 days off the scalp.

Scratching:Due to lice bites can cause itching. This is actually due to a reaction to the saliva of lice. However, the itching may not always start right away - that depends on how sensitive a child's skin is to the lice. It can sometimes take weeks for kids with lice to start scratching. They may complain of things moving around on or tickling their heads &small red bumps or sores from scratching results.

For some kids, the irritation is mild; for others, a more bothersome rash may develop. Excessive scratching can lead to bacterial infection (this can cause swollen lymph glands & red, tender skin that might have crusting & oozing). This should be treated with antibiotics.

You may be able to see the lice or nits by parting the hairs into small sections & checking for lice & nits with a fine-tooth comb on the scalp, behind the ears & around the nape of the neck (it's rare for them to be found on eyelashes or eyebrows).

A magnifying glass & bright light may help. But it can be tough to find a nymph or adult louse - often, there aren't many of them & they move fast.

See your doctor if your child is constantly scratching his or her head or complains of an itchy scalp that won't go away. The doctor should be able to tell you if your child is infested with lice & needs to be treated. Not all kids have the classic symptoms of head lice & some can be symptom-free.

Also be sure to check with your child's school nurse or childcare center director to see if other kids have recently been treated for lice. If you discover that your child does, indeed, have lice or nits, contact the staff at the school & childcare center to let them know. Find out what their return policy is. Most usually allow kids to return after one topical treatment has been completed.

Lice are highly contagious & can spread quickly from person to person, especially in group sittings (like schools, childcare centers, slumber parties, sports activities & camps).

Nabiﷺ's guidance about lice problem: -

About suffering from lice problem: -

1. Narrated by Kaab Bin Umra ؓ (he was in Ihram) that Nabi ﷺ stood beside me at Al-Hudaibiya & the lice were falling from my head in great number. He ﷺ asked me: "Have your lice troubled you?" I replied in the affirmative. He ﷺ ordered me to get my head shaved. Kaab ؓ added: "This Holy Verse: 'And if any of you is ill, or has ailment in his scalp (2:196), etc. was revealed regarding me. Than Nabi ﷺ ordered me either to fast three days, or to feed six poor persons with one Faraq (three Sas) (of dates), or to slaughter a sheep, etc. (sacrifice) whatever was available.

[Bukhari: 1815, 4191; Book. 27, 64; English vol. 3, 5; Book. 28, 59; Hadees. 42, 504]

Permission to wear silk during lice problem: -

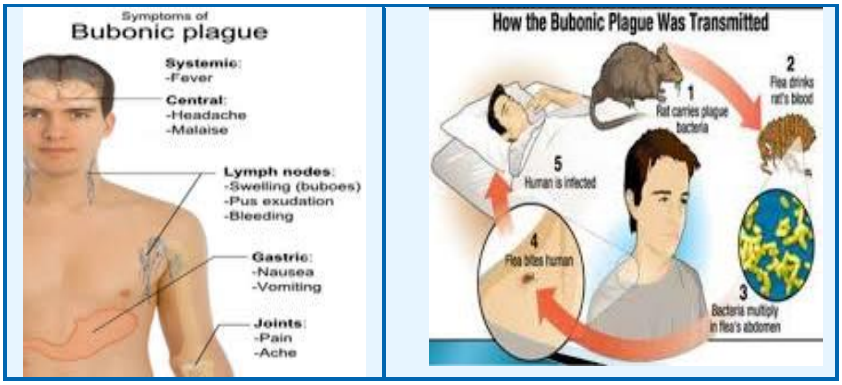
2. Narrated by Anas ؓ that Abdur Rahman Bin Auf & Zubair ؓ complained to Nabi ﷺ about the lice (that caused itching) so He ﷺ allowed them to wear silken clothes. I saw them wearing such clothes in a holy battle.

[Bukhari: 2920; Book. 56; English vol. 4; Book. 52; Hadees. 169]

Treatment & prevention: -

Wet combing, ketoconazole shampoo or soap, permethrin soap, tea tree oil, jujube oil, baby oil, olive oil, salt, garlic, white vinegar, coconut oil, petroleum jelly, sesame oil, mayonnaise etc.

Lesson no. 112 During Plague infection (الطَّاعُونُ): -



INTRODUCTION

Plague is caused by the bacteria *Yersinia pestis.* Rodents, such as rats, carry the disease. It is spread by their fleas. People can get the plague when they are bitten by a flea that carries the plague bacteria from an infected rodent. In rare cases, you may get the disease when handling an infected animal.

A plague lung infection called as pneumonic plague can spread from human to human. When someone with pneumonic plague coughs, tiny droplets carrying the bacteria move through the air. Anyone who breathes in these particles may catch the disease. An epidemic may be started this way.

The three most common forms of plague are:Bubonic plague - an infection of the lymph nodes, pneumonic plague is infection of the lungs; Septicemic plague is an infection of the blood

The time between being infected & developing symptoms is typically 2 to 7 days, but may be as short as 1 day for pneumonic plague.

Risk factors for plague include a recent flea bite & exposure to rodents, especially rabbits, squirrels, or prairie dogs, or scratches or bites from infected domestic cats.

The plague is mentioned in Hadees as Ta'aoon (الطَّاعُونُ) & it is a type of disease in animals, it is widely spread contagious diseases,

It is caused by Yersinia pestis, it is a small gram negative organism, which infects the rodents (large rats) & fleas, & by them it spreads among human, in an endemic form. It is also called as Black Death.

It mostly affects the lymph nodes, & called as Bubonic plague (lymph nodes are present throughout the body, but lymph nodes of groin get infected the most & called Bubonic plague, also axilla (under arm) has no other glands than lymph nodes (glands).

Nabiﷺ's guidance about Plague: -

Avoid entering in a place where plague is spread but if it is spread where you live do not leave the place: -

1. Narrated by Saud ؓ that Nabi ﷺ said: "If you hear of an outbreak of plague in a land, do not enter it; but if the plague breaks out in a place while you are in it, do not leave that place."

[Bukhari: 5728; Book. 76; English vol. 7; Book. 71; Hadees. 624]

Plague a punishment: -

2. Narrated by Amir Bin Saad Bin Abi Waqqas ؓ that he heard Usama Bin Zaid speaking to Saad, saying: That Nabi ﷺ mentioned the plague & said: It is a means of punishment with which some nations were punished & some of it has remained & it appears now & then. So, whoever hears that there is an outbreak of plague in some land, he should not go to that land & if the plague breaks out in the land where one is already present, one should not run away from that land, escaping from the plague.

[Bukhari: 6974; Book. 90; English vol. 9; Book. 86; Hadees no. 104]

Plague a punishment to a group of Israelis: -

3. Narrated by Usama Bin Zaid ؓ that Nabi ﷺ said: Plague was a means of torture sent on a group of Israelis (or on some people before you). So if you hear of its spread in a land, don't approach it & if a plague should appear in a land where you are present, then don't leave that land in order to run away from it (i.e. plague).

[Bukhari: 3473; Book. 60; English vol. 4; Book. 55; Hadees. 679]

4. Narrated by A'isha رضی اللہ عنہا that she asked Nabi ﷺ about plague & Nabi ﷺ informed her saying: Plague was a punishment which Allahﷻ used to send on whom He wished, but Allahﷻ made it a blessing for the believers. None (among the believers) remains patience in a land in which plague has broken out & considers that nothing will befall him except what Allah ﷻ has ordained for him, but that Allahﷻ will grant him a reward similar to that of a martyr.*[Bukhari: 5734; Book. 76; English vol. 7; Book. 71; Hadees. 630]*

If died due to plague is martyrdom (Shaheed): -

5. Narrated by Anas Bin Malik ؓ that Nabi ﷺ said: Plague is the cause of martyrdom for Muslim (الطَّاعُونُ شهادةٌ لكلِّ مُسْلِم) (who dies because of it).*[Bukhari: 2830; Book. 56; English vol. 4; Book. 52; Hadees. 83]*

6. Narrated by Abu Hurairah ؓ that Nabi ﷺ said: He (a Muslim) who dies of an abdominal disease is a martyr & he who dies of plague is a martyr.*[Bukhari: 5733; Book. 76; English vol. 7; Book. 71; Hadees. 629]*

7. Abu Hurairah ؓ narrated that Nabi ﷺ said: The martyrs are five: Those who die of the plague, stomach illness, drowning, being crushed & the martyr in the cause of Allahﷻ.

[Tirmizi: 1063; Book. 10, English vol. 2; Book. 5, Hadees. 1063]

8. Narrated by Safwan Bin Umayyah ؓ said: The plagues, abdominal illness, drowning & dying in childbirth are martyrdom. (One of the narrators) said: Abu Usman ؓ narrated this to us several times & on one occasion he attributed it to Nabi ﷺ.

[An-Nasa'i: 2054; Book. 21; English vol. 3; Book. 21, Hadees. 2056]

Plague will not spread in Madinah: -

9. Narrated by Abu Hurairah that Nabi ﷺ said: Neither Messiah (Dajjal) nor plague will enter Madinah.

[Bukhari: 5731; Book. 76; English vol. 7; Book. 71; Hadees. 627]

Lymph nodes swelling in plague: -

10. Hazrat A'isha رضی اللہ عنہا narrates that she asked Nabi ﷺ about the plague & Nabi ﷺ said: (غُدَّةٌ كَغُدَّةِ البَعِيرِ يَخْرُجُ فِي المَرَاقِّ والإِبْطِ) "A gland that is similar to the camel's gland & which appears in the tender parts of the abdomen & under the arms".

[Zaad Al Ma'aad: 4/38, & Musnad Ahmed: 6/145]

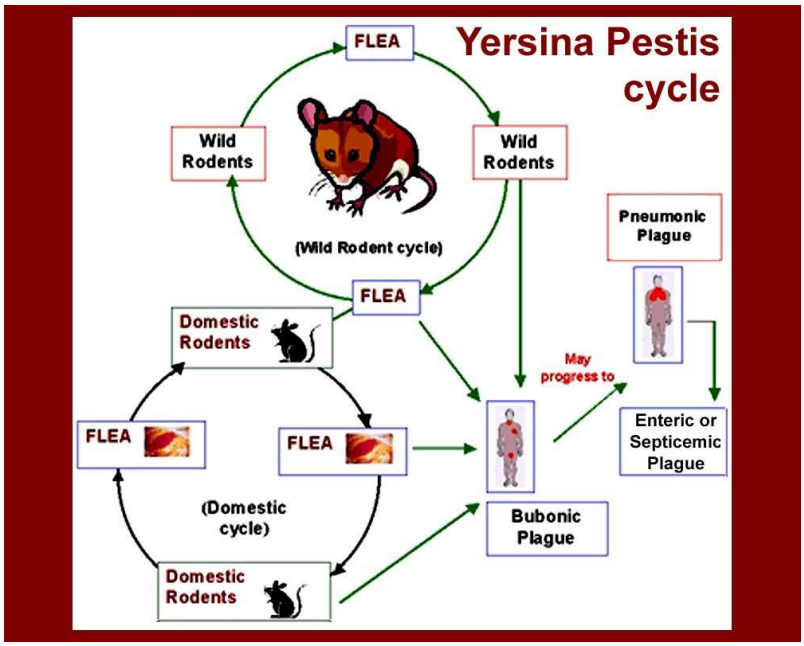
About plague & stars (Najm): -

11. It was reported in Hadees: (إذا طَلَعَ النَّجْمُ ارْتَفَعَت الْعَاهَةُ عن كلِّ بَلَدٍ) When the Najm (literally: star) appears, every epidemic is removed from every land. (Najm is said to mean the star or the plants that appear in spring)*[Musnad Ahmed: 9027, & Tabrani: 1305]*

Treatment: -

People with the plague need immediate treatment. If treatment is not received within 24 hours of when the first symptoms occur, death may occur. Antibiotics such as streptomycin, gentamicin, doxycycline, or ciprofloxacin are used to treat plague. Oxygen, intravenous fluids & respiratory support usually are also needed.

Patients with pneumonic plague should be strictly isolated from caregivers & other patients. People who are in contact with anyone infected by pneumonic plague should be watched carefully & given antibiotics as a preventive measure.



Lesson no. 113 Treating Lesions with surgery: -

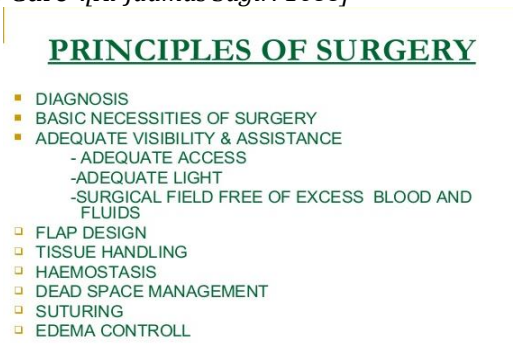
INTRODUCTION

Surgery is an ancient medical specialty that uses operative manual & instrumental techniques on a patient to investigate or to treat a pathological condition.

The term "lesion" in a broad meaning word in medical field, here it can be taken as abscess, boils, furunculosis, carbuncles, tumors &etc. which get infected with pus collection or putrefaction.

Prophet ﷺ's Guidance in treating tumors&abscesses with surgery: -

1. Hazrat Abu Hurairah ﷺ says that Nabi ﷺ ordered a doctor to incise an abscess on the abdomen of a man. Nabi ﷺ was asked, "Does medicine help, Oh! Nabi ﷺ, Nabi ﷺ replied: "He ﷻ Who Has Sent down the diseases Has also sent down whatever He Wills of the Cure".*[Al-Jaamus Sagir: 1688]*



Lesson no. 114 Cauterization:-

INTRODUCTION

The medical practice or technique of cauterization (cautery) is the burning of part of a body to remove or close off a part of it, which destroys some tissue in an attempt to mitigate bleeding & damage, remove an undesired growth, or minimize other potential medical harm, such as infections when antibiotics are unavailable. The practice was once widespread for treatment of wounds. Its utility before the advent of antibiotics was said to be effective at more than one level: To stop severe blood-loss & to prevent exsanguinations & to close amputations.

Cautery was historically believed to prevent infection, but current research shows that cautery actually increases the risk for infection by causing more tissue damage & providing a more hospitable environment for bacterial growth. Actual cautery refers to the metal device, generally heated to a dull red glow that a physician applies to produce blisters, to stop bleeding of a blood vessel & for other similar purposes. The main forms of cauterization used today in the world are electrocautery & chemical cautery - both are, for example, prevalent in the removal of unsightly warts. Cautery can also mean the branding of a human, either recreational or forced.

Prophet ﷺ's guidance regarding cauterization&puncturing of the veins: -

Cauterization not liked by Nabi ﷺ: -

1. Narrated by Jabir ﷺ that Nabi ﷺ said: "If there is any healing in your medicines then it is wet cupping (hijamah), or branding (cauterization), but I do not like to be (cauterized) branded."

[Bukhari: 5704; Book. 76; English vol. 7; Book. 71; Hadees. 605]

Cauterization forbidden: -

2. Narrated by Ibn Abbas رضی اللہ عنہما that Nabi ﷺ said: Healing is in three things: A gulp of honey, cupping & branding with fire (cauterizing). But I forbid my followers to use (cauterization) branding with fire.

[Bukhari: 5680; Book. 76; English vol. 7; Book. 71; Hadees. 584]

Cauterization done: -

3. Hazrat Jabir ؓ says that "Ubayy Bin Kaab fell sick & Nabi ﷺ sent a doctor to him who cauterized him on his medical arm vein."

[Ibn Ma-jah: 3622; Book. 31; English vol. 4; Book. 31, Hadees. 3493]

4. Narrated by Jabir Bin Abdullah ؓ that Nabi ﷺ cauterized Saad Bin Mu'adh ؓ on his medial arm vein, twice.

[Ibn Ma-jah: 3623; Book. 31; English vol. 4; Book. 31, Hadees. 3494]

5. Jabir ؓ said that Nabi ﷺ cauterized Saad Bin Mu'adh ؓ from the wound of an arrow.

[Abu Dawud: 3866; Book. 29; English Book. 28; Hadees. 3857]

6. Hazrat Anas Bin Malik ؓ says that he was once cauterized because he was complaining from pleurisy while Nabi ﷺ was still alive. Abu Talha, Anas Bin An-Nadr & Zaid Bin Thabit witnessed that & it was Abu Talha who branded (cauterized) me.

[Bukhari: 5719, 5720, 5721; Book. 76; English vol. 7; Book. 71; Hadees. 617]

7. Hazrat Anas ؓ says that "Our beloved Nabi ﷺ cauterized Asad Bin Zurarah ؓ when he suffered from a septic finger.

[Tirmizi: 2188; Book. 28; English vol. 4; Book. 2, Hadees. 2050]

No advantage received in cauterization: -

8. Narrated by Imran Bin Husain ؓ that Nabi ﷺ has disallowed cauterizing, but we were tested (i.e. with various ailments) & we did had cauterization, so we neither were successful nor did we acquire an advantage.

[Tirmizi: 2186; Book. 28; English vol. 4; Book. 2, Hadees. 2049]

Avoid doing cauterization: -

9. There is a Hadees narrated in Sahihain about the seventy thousand Muslims who will enter Paradise without (hisaab kitaab) reckoning, describing them as: "There are those who will not seek formulas (Ruqyah); nor cauterization, neither are they superstitious & they depend on their Lord for each & everything".

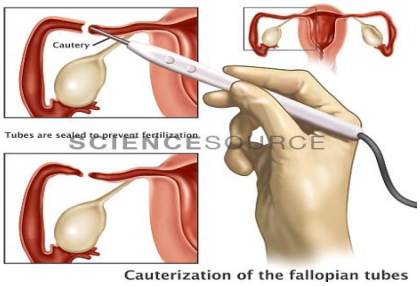
[Bukhari: 5752; Book. 76; English vol. 7; Book. 71; Hadees. 648]

Conclusion: -

Cauterization should be only done in worst & very much needed cases, such as when a hand or leg is amputated. As for prohibiting cauterizing, it might be specifically directed at whoever was seeking a cure with it (not to close an open wound). In early times, people used to superstitiously believe that whoever did not have cauterization would certainly die & that is why our beloved Nabi ﷺ disallowed.

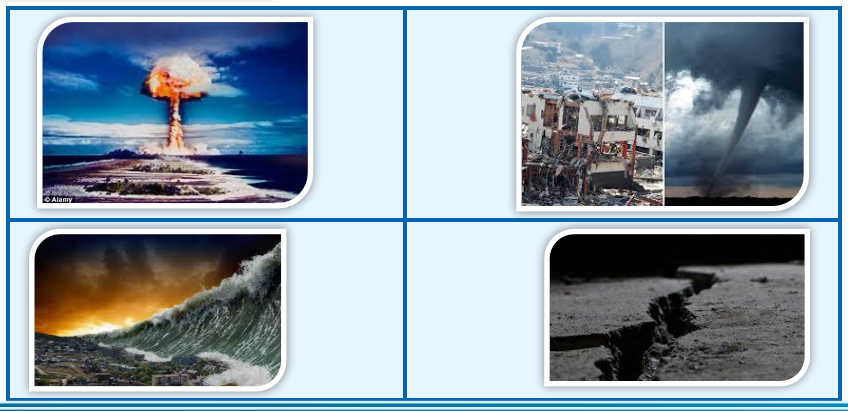
Ibn Qutaybah says that cauterizing is of two types. The first type entails a healthy person using cauterization to fend off illness & it is this type that is referred to by the statement. Whoever reverts to cauterizing would not have practiced Tawakkul (depending on Allah ﷻ); as such people seek to fend off whatever is destiny for them in the future. The second type entails cauterizing infected wounds & amputated limbs & cauterization is effective in such a condition. As for the type of cauterization that might or might not work, it is apparently disliked.

In short, the subject of cauterization fall under four categories, practicing it, disliking it, praising those who do not revert to it & disallowing it. There is no contradiction between these categories. When Nabi ﷺ had himself cauterized someone, it indicates that practicing it is allowed. Furthermore, our beloved Nabi ﷺ disliking cauterization for his Ummah does not indicate that it is prohibited. Nabi ﷺ praising those who avoid cauterization tells that avoiding it is better. Finally, disallowing cauterization can be explained in general as "either cauterization is disliked, or that it is directed at those who revert to fend off a dangerous illness (as the last option left)"Allah ﷻ knows the best.



Cauterization of the fallopian tubes

Lesson no. 115 Disasters & Calamities: -



INTRODUCTION

A **natural disaster** is a major adverse event resulting from natural processes of the Earth; examples include floods, volcanic eruptions, earthquakes, tsunamis & other geologic processes. A natural disaster can cause loss of life or property damages & typically leaves some economic damages in its wake, the severity of which depends on the affected population's resilience, or ability to recover. An adverse event will not rise to the level of a disaster if it occurs in an area without vulnerable population.

Allah ﷻ says: -

وَبَشِّرِ الصّٰبِرِيْنَ ﴿١٥٥﴾ الَّذِيْنَ اِذَآ اَصَابَتْهُمْ مُّصِيْبَةٌ ۙ قَالُوْٓا اِنَّا لِلّٰهِ وَاِنَّآ اِلَيْهِ رٰجِعُوْنَ ﴿١٥٦﴾ اُولٰٓئِكَ عَلَيْهِمْ صَلَوٰتٌ مِّنْ رَّبِّهِمْ وَرَحْمَةٌ ۟ وَاُولٰٓئِكَ هُمُ الْمُهْتَدُوْنَ ﴿١٥٧﴾

But give glad tidings to Sabireen (the patient). Who, when afflicted with calamity, say: Truly, to Allahﷻ we belong & truly, to Him we shall return. They are those on whom are the Salawaat (i.e. who are blessed & will be forgiven) from their Lord & (they are those who) receive His Mercy & it is they who are the guided ones.

Prophetﷺ's guidance on treating disasters&calamities: -

Keep patience during calamity: -

1. Narrated by Anas ﷺ that Nabi ﷺ said: The real patience is at the first stroke of a calamity.

[Bukhari: 1302; Book. 23; English vol. 2; Book. 23; Hadees. 389]

Benefits of keeping patience during calamity: -

2. Umme Salma رضی اللہ عنہا, (wife of Nabi ﷺ) reported that Nabi ﷺ said: If any servant (of Allahﷻ) who suffers a calamity says:

" إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ اللَّهُمَّ أْجُرْنِي فِي مُصِيبَتِي وَأَخْلِفْ لِي خَيْرًا مِنْهَا. إِلاَّ أَخْلَفَ اللَّهُ لَهُ خَيْرًا مِنْهَا "

We belong to Allahﷻ and to Him shall we return; O Allahﷻ, reward me for my affliction and give me something better than it in exchange for it

Allahﷻ will give him reward for affliction & would give him something better than it in exchange. She said: When Abu Salma died. I uttered (these very words) as I was commanded (to do) by Nabi ﷺ; So Allahﷻ gave me better in exchange than him. i. e. (I was taken as the wife of) Nabi ﷺ.

[Muslim: 918 B; Book. 11; English Book. 4; Hadees. 2000]

Great reward in a great trial: -

3. Narrated by Anas Bin Malik ؓ that Nabi ﷺ said: The greatest reward comes with the greatest trial. When Allahﷻ loves people He tests them. Whoever accepts that wins His pleasure but whoever is discontent with that earns His wrath.

[Ibn Ma-jah: 4031; Book. 36; English vol. 5; Book. 36, Hadees. 4031]

Looking to rewards of patience, people will wish- their skin could have sliced: -

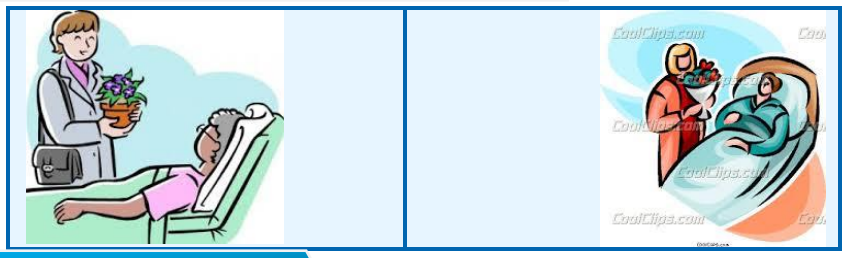
4. Narrated by Jabir ؓ that Nabi ﷺ said: On the Day of (Qiyamah), some people will wish that their skins would have sliced with scissors in the life of this world because of the reward that they (will see) witness the people who endured disasters would receive for being patience.

[Tirmizi: 2402; Book. 36, English vol. 4; Book. 10, Hadees 2402]

Patience with Faith will be rewarded: -

5. Ash'as Bin Qays said: Observe patience with Faith & await the reward from Allahﷻ Alone. Otherwise, you will he bowed to forget just as the animals do. *[Al Tibb Al Nabawi ﷺ by Imam Ibn Qayyim Al-Jauziyah 4/173]*

Lesson no. 116 Encouraging & visiting the sick & Dua to recite: -



Prophet ﷺ's Guidance on treating the sick: -

Reward to visit a sick: -

1. Narrated by Abu Hurairah ؓ that Nabi ﷺ said: Whoever visits a sick person, a caller calls from heaven: May you be happy, may your walking be blessed & you occupy a dignified position in Paradise.*[Ibn Ma-jah: 1510; Book. 6; English vol. 1; Book. 6, Hadees. 1443]*

Visiting a sick is like you are in fruit garden of Paradise: -

2. Abu Rabi ؓ reported directly from Nabi ﷺ that the one who visits the sick is in fact like one who is in the fruit garden of Paradise so long as he does not return.
[Muslim: 2568 A; Book. 45; English Book. 32; Hadees. 6227]

Utter good words when you visit a sick or a dying person: -

3. Narrated by Umme Salmah رضی اللہ عنہا that Nabi ﷺ said: when you visit one who is sick or dying, say good things, for the angels say: Amin to whatever you say.*(It is a part of Hadees).*
[Ibn Ma-jah: 1514; Book. 6; English vol. 1; Book. 6, Hadees. 1447]

7 things to be done: -

4. Al-Bara Bin Aazib ؓ says that Nabi ﷺ commanded us to do seven things: He ﷺ commanded us to attend funerals, visit the sick, to reply say: يرحمك الله may Allah ﷻ have mercy on you to one who sneezes, to accept invitations, to support the oppressed, to fulfill oaths (when adjured by another) & to return greetings of Salaam.
[An-Nasa'i: 3778; Book. 35; English vol. 4; Book. 35, Hadees. 3809]

Ask the sick for what he wants & give him that he wishes for: -

5. Narrated by Ibn Abbas رضی اللہ عنہما that Nabi ﷺ visited a sick man & asked to him: What do you desire? He answered: I want wheat bread. Nabi ﷺ said: Whoever has wheat bread, let him send it to his brother & said: When a sick person among you desires something, give him.
[Ibn Ma-jah: 3566; Book.31; English vol. 4; Book.31, Hadees. 3440]

6. Narrated by Anas Bin Malik ؓ that Nabi ﷺ visited a sick person & said: Do you want anything? Do you want cake? He said: Yes. So they looked for some for him.
[Ibn Ma-jah: 3567; Book. 31; English vol. 4; Book. 31, Hadees. 3441]

One should not wish for death: -

7. Narrated by Harithah Bin Mudarrib ؓ: We came to Khabbab to visit him (when he was sick) & he said: I have been sick for a long time & were it not that I heard Nabi ﷺ say: Do not wish for death, I would have wished for it. & said: A person will be rewarded for all his spending, except for (what he spends) on dust, or he said: on building.
[Ibn Ma-jah: 4302; Book. 37; English vol. 5; Book. 37, Hadees. 4163]

Say the following to sick: -

8. Narrated by Ibn Abbas رضی اللہ عنہما that Nabi ﷺ went to visit a sick bedouin. Whenever Nabi ﷺ went to a patient, He used to say to Him لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللهُ don't worry, if Allah ﷻ will, it will be expiation for your sins.
[Bukhari: 5656; Book. 75; English vol. 7; Book. 70; Hadees. 560]

9. Narrated by Abu Saeed Al-Khudri ؓ that Nabi ﷺ said: When you visit the ill, then assure him regarding his lifespan, indeed that will not repel anything; but it will comfort his soul.
[Tirmizi: 2231; Book. 28; English vol. 4; Book. 2, Hadees. 2087]

Pouring ablution (wazoo) water on unconscious person: -

10. Ibn Al-Munkadir ؓ says that "I heard Jabir say: 'I fell sick & Nabi ﷺ & Abu Bakr ؓ came to visit me. They found me unconscious, so Nabi ﷺ performed Wazoo & poured His Wazoo water over me.
[An-Nasa'i: 139; Book. 1; English vol. 1; Book.1; Hadees. 138]

Sins are forgiven due to illness: -

11. Narrated by Umm Al-Ala رضی اللہ عنہا that Nabi ﷺ visited me while I was sick & He ﷺ said: Be glad, Umm Al-Ala' for Allah ﷻ removes the sins of a Muslim for his illness as fire removes the dross of gold & silver.
[Abu Dawud: 3092; Book. 21; English Book. 20; Hadees. 3086]

Dua to recite during visiting a sick: -

12. Narrated by Abdullah Ibn Abbas رضی اللہ عنہما that Nabi ﷺ said: If anyone visits a sick whose time (of death) has not come & says with him seven times:

أَسْأَلُ اللهَ الْعَظِيْمَ رَبَّ الْعَرْشِ الْعَظِيْمِ

أَنْ يَّشْفِيَكَ إِلَّا عَافَاهُ اللهُ مِنْ ذَلِكَ الْمَرَضِ

I ask Allah ﷻ, the Mighty, the Lord of the mighty Throne, to cure you; Allah ﷻ will cure him from that disease.
[Abu Dawud: 3106; Book. 21; English Book. 20; Hadees. 3100]

12. Ali ؓ narrated that whenever Nabi ﷺ would visit an ill person, He ﷺ would say:

اَللّٰهُمَّ أَذْهِبِ الْبَأْسَ رَبَّ النَّاسِ وَاشْفِ فَأَنْتَ الشَّافِيْ لَا شِفَاءَ إِلَّا فَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا

O Allah ﷻ! Make the harm go away, Lord of mankind & heal him, You are the Healer, there is no healing except your healing, a healing that does not leave any sickness.
[Tirmizi: 3565; Book. 48, English vol. 6; Book. 46, Hadees. 3565]

13. Narrated by A'isha رضی اللہ عنہا daughter of Saad ؓ that her father said: I had a complaint at Mecca. Nabi ﷺ came to pay a sick-visit to me. He ﷺ put His Hand on my forehead, wiped my chest & belly & then said:

اَللّٰهُمَّ اشْفِ سَعْدًا وَأَتْمِمْ لَهُ هِجْرَتَه

O Allah ﷻ! Heal up Sa'ad & complete his immigration.
[Abu Dawud: 3104; Book. 21; English Book. 20; Hadees. 3098]

14. Narrated by Abu Hurairah ؓ that Nabi ﷺ visited an ill man & said: Cheer up, for indeed Allah ﷻ says: It is My fire which I impose upon My sinning Slave as his portion of fire.
[Tirmizi: 2232; Book. 28; English vol. 4 Book. 2, Hadees. 2088]

15. Narrated by Ibn Abbas رضی اللہ عنہما that Nabi ﷺ said: There is no Muslim worshipper who visit one who is ill, (other than at the time of death) & recite 7 times (the below Dua) will be cured.

أَسْأَلُ اللهَ الْعَظِيْمَ رَبَّ الْعَرْشِ الْعَظِيْمِ أَنْ يَّشْفِيَكَ

I ask Allah ﷻ the Magnificent, Lord of the Magnificent Throne to cure you
[Tirmizi: 2227; Book. 28; English vol. 4; Book. 2, Hadees. 2083]

Ruqyah by Jibrail ؑ for Nabi ﷺ: -

16. Narrated from Abu Saeed ؓ that Jibrail ؑ came to Nabi ﷺ & said: "O Muhammad, you are ill. He ﷺ replied: Yes. Jibrail ؑ recited (Ruqyah):

بِسْمِ اللهِ أَرْقِيْكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيْكَ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ أَوْ حَاسِدٍ اللهُ يَشْفِيْكَ بِسْمِ اللهِ أَرْقِيْكَ

In the Name of Allah ﷻ I perform Ruqyah for you, from everything that is harming you, from the evil of every soul or envious eye & may Allah ﷻ heal you. In the Name of Allah ﷻ I perform Ruqyah for you.
[Ibn Ma-jah: 3652; Book. 31; English vol. 4; Book. 31, Hadees. 3523]

17. Narrated by Abu Hurairah ؓ that Nabi ﷺ came to visit him (when he was sick) & He ﷺ said to him: Shall I not recite for you a Ruqyah that Jibrail ؑ brought to me? He replied: May my father & mother be ransomed for you! Yes, O Rasoolullah ﷺ! then He ﷺ recite 3 times:

بِسْمِ اللهِ أَرْقِيْكَ وَاللهُ يَشْفِيْكَ مِنْ كُلِّ دَاءٍ فِيْكَ مِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

In the Name of Allah ﷻ I perform Ruqyah for you, from every disease that is in you & from the evil of those who (practice witchcraft when they) blow in the knots & from the evil of the envier when he envies),
[Ibn Ma-jah: 3653; Book. 31; English vol. 4; Book. 31, Hadees. 3524]

18. Narrated by A'isha رضی اللہ عنہا that when Nabi ﷺ fell ill, Jibrail ؑ use to recite this for Nabi ﷺ.

بِاسْمِ اللهِ يُبْرِيْكَ وَمِنْ كُلِّ دَاءٍ يَشْفِيْكَ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ وَشَرِّ كُلِّ ذِي عَيْنٍ

In the name of Allah ﷻ, may He cure you from all kinds of illnesses & safeguard you from the evil of a jealous one when he feels jealous & from the evil influence of eye.)
[Muslim: 2185; Book. 39; English Book. 26; Hadees. 5424]

The soil of Madinah used: -

19. Narrated by A'isha رضی اللہ عنہا that Nabi ﷺ used to recite for the patient (who had a wound & use to recite the below Dua on the sand & mixe it with His ﷺ Saliva & apply on wound)

بِسْمِ اللهِ، تُرْبَةُ أَرْضِنَا بِرِيْقَةِ بَعْضِنَا يُشْفَى سَقِيْمُنَا بِإِذْنِ رَبِّنَا

In the Name of Allah ﷻ The earth of our land & the saliva of some of us cure our patient.
[Bukhari: 5745; Book. 76; English vol. 7; Book. 71; Hadees. 641]

20. Narrated by A'isha رضی اللہ عنہا that Nabi ﷺ used to read in this Ruqyah:

تُرْبَةُ أَرْضِنَا، وَرِيقَةُ بَعْضِنَا، يُشْفَى سَقِيمُنَا، بِإِذْنِ لَا بَأْسَ رَبِّنَا

In the Name of Allahﷻ. The earth of our land & the saliva of some of us cure our patient with the permission of our Lord. With a slight shower of saliva while treating with a Ruqyah.
[Bukhari: 5746; Book. 76; English vol. 7; Book. 71; Hadees. 642]

The visitor should recite the following Dua: -

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللهُ، لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللهُ

[Hisnul Hasin (English by Muhammed Rafiq)]

Or Recite: -

اَللَّهُمَّ اشْفِ عَبْدَكَ يَنْكَأُ لَكَ عَدُوًّا أَوْ يَمْشِي لَكَ إِلَى جَنَازَةٍ

[Hisnul Hasin (English by Muhammed Rafiq)]

3. While mentioning the name of the patient recites: -

يا فُلَانُ! شفى اللهُ

سقمك وغفر ذنبك وعافاك في دينك وجسمك إلى مدّة أجلك

[Hisnul Hasin (English by Muhammed Rafiq)]

4. Or recite: -

يَا حَلِيمُ، يَا كَرِيمُ! اَشْفِ فُلَانًا

[Hisnul Hasin (English by Muhammed Rafiq)]

It is mentioned in Hadees that once a person informed Hazrat Ali ؓ about illness of a person, Hazrat Ali ؓ asked him that, will it please him if he becomes well. The person replied: Yes, than Hazrat Ali ؓ taught him the above Dua & said to him that he will become well.
[Hisnul Hasin (English by Muhammed Rafiq)]

5. When a person is ill he should recite 40 times the following: -

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِيْنَ

[Hisnul Hasin (English by Muhammed Rafiq)]

6. Also should recite many times: -

لَا إِلَهَ إِلَّا اللهُ وَاللهُ أَكْبَرُ- لَا إِلَهَ إِلَّا اللهُ وَحْدَهُ- لَا إِلَهَ إِلَّا اللهُ لَا شَرِيكَ لَهُ- لَا إِلَهَ إِلَّا اللهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ-
لَا إِلَهَ إِلَّا اللهُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللهِ

[Hisnul Hasan (English by Muhammed Rafiq)]And reference of above is also present in Ibn Ma-jah: 3794; Book. 33; English vol. 1; Book.33, Hadees.3794

Please refer lesson no. 4 to 11 in part-1

Lesson no. 117 Perfumes & its uses (الطِّيب): -

INTRODUCTION

Attar (عطر) is natural perfume oil derived from botanical sources. Most commonly these oils are taken from the botanical material through hydro or steam distillation. Oils can also be expressed by chemical means but generally natural perfumes which qualify as Ittar/Attars are distilled naturally. The oils obtained from the herbs flowers&wood are generally distilled into a wood base such as sandalwoodthen aged. The aging period can last from one to ten years depending on the botanicals used&the results desired.

Perfumes are mixture of fragrantessential oilsoraroma compounds,fixatives&solvents - used to give the human body, animals, food, objects&living-spaces pleasant scent.

It is said the good perfumes which are free from alcohol & are natural are allowed & preferable to apply them. They are good for the soul & body (parts like brain &etc.), they increases good sense, wellbeing, mood & keep far the Shaitaan & Jinns.

Nabiﷺ's guidance about perfumes: -

A'isha رضی اللہ عنہا applied perfume to Nabi ﷺ: -

1. Narrated by A'isha رضی اللہ عنہا: I put perfume on Nabi ﷺ for His exiting Ihram & I put perfume on Him for His Ihram, perfume which was not like this perfume of yours" she meant that it does not last.*[An-Nasa'i: 2688; Book. 24; English vol. 3; Book. 24, Hadees. 2689]*

Do not refuse perfume: -

2. Narrated by Umamah Bin Abdullah ؓ that "Anas ؓ would not refuse perfume (الطِّيب) & said: Indeed Nabi ﷺ would not refuse perfume.*[Tirmizi: 3019; Book. 43, English vol. 5; Book. 41, Hadees. 2789]*

Males not allowed applying perfume of saffron: -

3. Narrated by Anas ؓ that Nabi ﷺ forbade men to perfume themselves with saffron.
[Bukhari: 5846; Book. 77; English vol. 7; Book. 72; Hadees. 737]

Do not refuse or reject Rehaan (Rayhan), if it is gifted: -

4. Hazrat Abu Usman An-Nahdi ؓ says that Nabi ﷺ said: If anyone of you is given (gifted) Rehaan (Rayhan) **(الريحان)** (fragrance) do not reject (refuse) it, (because) it is from Jannah **(الجنة)**.

[Tirmizi: 3021; Book. 43, English vol. 5; Book. 41, Hadees. 2791]

5. Hazrat Abu Hurairah ؓ says that Nabi ﷺ said: Whoever is offered Rehaan (Rayhan) **(الريحان)**, should not refuse it, (because) it has pleasant smell & is light in weight.
[Muslim 2253; Book. 40; English Book. 27; Hadees. 5600]

Musk the best: -

6. Hazrat Abu Saeed Al-Khudri ؓ says that Rasoolullah ﷺ said: The best good smelling (الطيب) fragrance is (of) Musk (المسك) (Kasturi).

[An-Nasa'i: 1905; Book. 21; English vol. 3; Book. 21, Hadees. 1906]

Please read lesson no. 46 Rehaan (Rayhan) & lesson no. 49Zarirah & also lesson no. 71 Musk in part 2.

About Musk: -

7. Hazrat A'isha رضی اللہ عنہا says that she applied perfume which had Musk (المسك) in it, to Nabi ﷺ before Ihram & on the Qurbani day & before doing tawaf of Kabah.
[Tirmizi: 917; Book. 9; English vol. 2; Book. 4; Hadees. 917]

8. Hazrat Abu Saeed Al-Khudri ؓ says that Rasoolullah ﷺ spoke about a woman of Bani-Israel who had filled Musk (المسك) in her ring because Musk is the best Itar (الطيب).

[Muslim: 2252 B; Book. 40; English Book. 27; Hadees. 5599]

9. In other Hadees it is mentioned that when she use to press her ring, in company of people, the fumes of Musk (المسك) use to spread all over.*[Musnad Ahmed: 11364]*

About Ismid Marooh: -

10. Narrated by Ma'bad Bin Hudhah ؓ that Nabi ﷺ commanded to apply collyrium mixed with musk at the time of sleep.
[Abu Dawud: 2377; Book. 14; English Book. 13; Hadees. 2371]

About River Kausar: -

11. Hazrat Anas Bin Malik ﷺ says that we asked Rasoolullah ﷺ about Kausar (الكوثر) & Rasoolullah ﷺ replied: It is a river, which Allah ﷻwill give me in Jannah; its river sand will have Musk in it. Its water is brighter than milk & sweeter than honey (العسل), over it such birds will fly whose neck will resemble neck of camel, on this, Hazrat Abu Bakr ﷺ said that this is a great boon from Allah ﷻ, & Nabi ﷺ said: Those who will eat them, will be more precious & fortunate ones.*[Musnad Ahmed: 13306]*

Groups entering Jannah: -

12. Narrated by Abu Hurairah ﷺ that Nabi ﷺ said: The first group to enter the Jannah will look like the full moon & those who will come after them will look like a most brilliant planet in the sky, they will not urinate nor defecate, nor spit, nor will blow their noses, their comb will be of gold, their sweat will be Musk (المسك), their incense burner will be of aloes wood & their wives will be Hoors (fairies) & their built will be as Father Adam ﷺ sixty cubits tall.*[Bukhari: 3327; Book. 60; English vol. 4; Book. 55; Hadees. 544]*

Friday market in Jannah: -

13. Hazrat Anas ﷺ says that Nabi ﷺ said: For the people of Jannah (Paradise) there will be a market on every Friday, in this market there will be structures built with musk (المسك) & than north wind will blow & this wind will blow on their faces, garments & homes (by this) their beauty will increase, then they will return to their families, the family members will say: By Allahﷻ your beauty have increased & the person will also say, the same to their family members.

[Riyadh Al-Salihin: 1889; Book. 20, English Book. 20; Hadees. 21, Musnad Ahmed: 14035]

Nabi ﷺ's saliva better than musk: -

14. Narrated by Abdul Jabbar Bin Wa'il ﷺ that his father said: A bucket was brought to Nabi ﷺ; He ﷺ rinsed His Mouth & spit into it & it was like musk or better than musk & He ﷺ rinsed His Nostrils outside the bucket.

[Ibn Ma-jah: 704; Book. 1; English vol. 1; Book. 1, Hadees. 659]

Blood smell from a wound, which was in Allahﷻ's cause: -

15. Narrated by Abu Hurairah ﷺ that Nabi ﷺ said: A wound which a Muslim receives in Allahﷻ's cause will appear on the Day of Resurrection as it was at the time of infliction; blood will be flowing from wound & its color will be that of the blood but smell as musk.*[Bukhari: 237; Book. 4; English vol. 1; Book. 4; Hadees. 238]*

Use of musk after menstrual bath: -

16. Narrated by Hazrat A'isha رضی الله عنها that an Ansari woman asked Nabi ﷺ how to take a bath after finishing from the menses. He ﷺ replied: Take a piece of a cloth perfumed with musk & clean the private parts with it thrice. Nabi ﷺ felt shy & turned his face. So I pulled her to me & told her what Nabi ﷺ meant.

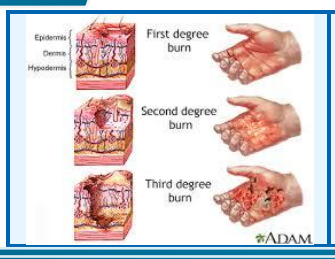
[Bukhari: 315; Book. 6; English vol. 1; Book. 6; Hadees. 312]

17. Narrated by Anas ﷺ that Nabi ﷺ said: In this world, women & perfume have been made dear to Me& My comfort has been provided in Salah (prayer).

[An-Nasa'i: 3939; Book. 36; English vol. 4; Book. 36, Hadees. 3391]

Please refer Lesson no. 46 Rehaan (Rayhan) & Lesson no. 71 Musk in part-2 of this Book.

Lesson no. 118 Burns: -



INTRODUCTION

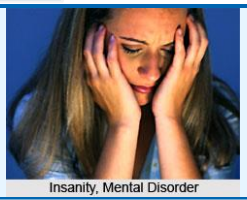
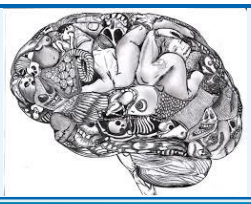
Burns are an injury caused by exposure to heat or flame. A burn is a type of injury to skin, or other tissues, caused by heat, electricity, chemicals, friction, or radiation. Burns that affect only the superficial skin layers are known as superficial or first-degree burns. When the injury extends into some of the underlying layers, it is described as a partial-thickness or second-degree burn. In a full-thickness or third-degree burn, the injury extends to all layers of the skin. A fourth-degree burn additionally involves injury to deeper tissues, such as muscle, tendons, or bone.

Burnt person should recite this Dua: -

أَذْهِبِ الْبَأْسَ رَبَّ النَّاسِ اشْفِ أَنْتَ الشَّافِي لَا شَافِيَ إِلَّا أَنْتَ

O Lord of all mankind, remove the difficulty & grant relief (for) there is no One but You who grants relief (cure).
And blow on burnt region.*[Hisnul Hasin (English by Muhammed Rafiq]*
Blowing means that the two lips meet a little & blow in such a manner that a very little saliva emits. This applies in all cases where blowing is mentioned
To put off the fire or when seeing a fire one should recite Allahu-Akbar.

Lesson no. 119 Insanity: -


Insanity, Mental Disorder


INTRODUCTION

Insanity, **craziness** or **madness** is a spectrum of behaviors characterized by certain abnormal mental or behavioral patterns. Insanity may manifest as violations of societal norms, including a person becoming a danger to themselves or others, though not all such acts are considered insanity; likewise, not all acts showing indifference toward social norms are acts of insanity. In modern usage, insanity is most commonly encountered as an informal unscientific term denoting mental instability, or in the narrow legal context of the insanity defense. In the medical profession the term is now avoided in favor of diagnoses of specific mental disorders; the presence of delusions or hallucinations is broadly referred to as psychosis. When discussing mental illness in general terms, "psychopathology" is considered a preferred descriptor.

Recite ***Surah Faateha***at morning & evening at 3 days & blow on the patient, each time after recitation little saliva should also to be blown along with air.*(Hisnul Hasin (English by Muhammed Rafiq).*

Lesson no. 120 Pain: -

INTRODUCTION

Pain is a feeling triggered in the nervous system. Pain may be sharp or dull. It may come & go, or it may be constant. You may feel pain in one area of your body, such as your back, abdomen or chest or you may feel pain all over, such as when your muscles ache from the flu.

Nabiﷺ's guidance about pain: -

Recite Surah Falaq & Naas for pain: -

1. Narrated by A'isha رضی اللہ عنہا that When Nabi ﷺ suffered from some pain, He ﷺ recited *Mu'auwwadhat (Surah Falaq & Surah Naas)* in His Heart & blew (them over Him). When the pain became severe, I recited (them) over Him & wiped Him with His Hand in the hope of its blessing.*[Abu Dawud: 3902; Book. 29; English Book. 28; Hadees. 3893]*

Offer 12 Rakah at daytime if you miss Tahajjud Salah: -

2. A'isha رضی اللہ عنہا reported that when Nabi ﷺ missed the night prayer due to pain or any other reason, He ﷺ (use to) observed twelve rak'ah during the daytime.
[Muslim: 746 E; Book. 6; English Book. 4; Hadees. 1627]

Undergo cupping due to pain: -

3. Narrated by Anas Ibn Malik ؓ that Nabi ﷺ had Himself wet cupped on the surface of His Foot because of a pain in it while He ﷺ was in the sacred state (wearing Ihram).
[Abu Dawud: 1837; Book. 11; English Book. 10; Hadees. 1833]

Wet cupping for headache & Henna for leg pain: -

4. Narrated by Salma رضی اللہ عنہا the maid-servant of Nabi ﷺ said: No one complained to Nabi ﷺ of a headache but He told him to get himself wet cupped (hijamah), or of a pain in his legs but He ﷺ told him to dye them with henna.
[Abu Dawud: 3858; Book. 29; English Book. 28; Hadees. 3849]

Treating pain with Ruqyah: -

Narrated by Usman Ibn Abil رضی اللہ عنہ that he complained to Nabi ﷺ about pain that he had felt in his body from the time he had become Muslim. Nabi ﷺ said to him, "Put your hand on the part of your body where you feel pain & say *'Bismillah* (in the name of Allahﷻ) three times, then say seven times,

أَعُوذُ بِعِزَّةِ اللهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

I seek refuge in the glory & power of Allahﷻ from the evil of what I feel & worry about).*[Muslim: 2202; Book. 39; English Book. 26; Hadees. 5462]*

Narrated by Hazrat Usman Bin Abul Aa's ؓ that he complained to Nabi ﷺ about pain in his body that he suffered from ever since he became a Muslim. Nabi ﷺ replied: Place your hand on the painful area of your body & recite: Bismillah (In the Name of Allahﷻ), thrice, then say seven times:

أَعُوذُ بِعِزَّةِ اللهِ وَقُوَّتِهِ مِنْ شَرِّ مَا أَجِدُ

I seek refuge with Allahﷻ's Might & Power from the evil of what I am suffering from & because of which I have become worry). He said: So I did it & Allahﷻ removed what I had & I never ceased telling my family & others to do it*[Tirmizi: 2224; Book. 28; English vol. 4; Book. 2, Hadees. 2080]*

7. Narrated by Ibn Abbas رضی اللہ عنہما says: Nabi ﷺ used to seek refuge for Hasan & Husain & use to say: Your father (Ibrahim ؑ) used to seek refuge with Allahﷻ for Ismail ؑ & Ishaq ؑ with these words:

أَعُوذُ بِكَلِمَاتِ اللهِ التَّامَّةِ، مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

I seek refuge in the perfect words of Allahﷻ, from every devil & every poisonous reptile & from every evil eye.
[Bukhari: 3371; Book. 60; English vol. 4; Book. 55; Hadees. 590]

Drink the remaining Ablution (wazoo) water: -

8. Narrated by Sa'ib Bin Yazid ؓ: My maternal aunt took me to Nabi ﷺ & said: O Rasoolullah ﷺ! Indeed my nephew is in pain. So He ﷺ wiped over my head & supplicated for blessings for me. & He ﷺ performed Wazoo & I drank from the water

of His Wazoo. Then I stood behind His Back & I looked at the Seal between His Two Shoulder Blades & it resembled the egg of a partridge.*[Tirmizi: 4004; Book. 49; English vol. 1, Book. 46, Hadees. 3643]*

Dua for ailment& Local pain: -

9. Muhammad Bin Sulaim narrated that "Thabit Al-Bunani said to me: When you suffer from some ailment, then place your hand at the place of the ailment, then recite: -

بِسْمِ اللهِ أَعُوذُ بِعِزَّةِ اللهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ مِنْ وَجَعِ هَذَا

In the Name of Allahﷻ, I seek refuge in Allahﷻ's might & power from the evil of this pain I feel.

Then lift your hand & repeat for odd number of times. For indeed, Anas Bin Malik ؓ narrated to me, that the Nabi ﷺ narrated that to him.

[Tirmizi: 3588; Book. 48; English vol. 6, Book. 46, Hadees. 3588]

For pain one can also recite Surah Falaq & Surah Naas & blow on himself.

[Hisnul Hasin (English by Muhammed Rafiq)]

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

For all types of pain: -

وَبِالْحَقِّ أَنزَلْنَاهُ وَبِالْحَقِّ نَزَلَ ۗ وَمَا أَرْسَلْنَاكَ إِلَّا مُبَشِّرًا وَنَذِيرًا ﴿١٠٥﴾

And with truth We have sent it down (i.e. the Quran), and with truth it has descended. And We have sent you (O Muhammad ﷺ) as nothing but a bearer of glad tidings (of Paradise, for those who follow your Message of Islamic Monotheism), and a warner (of Hell-fire for those who refuse to follow your Message of Islamic Monotheism).

Place our hand on the pain site & recite the above verse of ***Chapter No. 17 (Surah) Israa (Bani Israel) verse no. 105***for 3 times.

[Cures from the Quran a pocket Book by idara page no 45]

Pain in thumb or fingers: -

لَّا يُصَدَّعُونَ عَنْهَا وَلَا يُنزِفُونَ ﴿١٩﴾

Wherefrom they will get neither any aching of the head, nor any intoxication.

Recite the above verse of ***Chapter No. 56 (Surah) Waaqia verse no. 19***for 300 times on sesame oil & apply on affected finger.

[Cures from the Quran a pocket Book by Muhammad Elahi page: 106]

For knee pain: -

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ ۖ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ ۖ

And when My slaves ask you (O Muhammad ﷺ) concerning Me, then (answer them), I am indeed near (to them by My Knowledge). I respond to the invocations of the supplicant when he calls on Me (without any mediator or intercessor).

Recite the above verse of ***Chapter No. 2 (Surah)Baqarah verse no. 186***& blow on water & drink daily.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 107]

For pain in ears: -

كَأَن لَّمْ يَسْمَعْهَا كَأَنَّ فِي أُذُنَيْهِ وَقْرًا ۖ فَبَشِّرْهُ بِعَذَابٍ أَلِيمٍ ﴿٧﴾

as if he heard them not, as if there were deafness in his ear. So announce to him a painful torment.

Recite the above verse of ***Chapter No. 31 (Surah) Luqmaan verse no. 7*** for 7 times & blow on painful ear.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 75]

For tooth ache: -

قُلْ هُوَ الَّذِي أَنشَأَكُمْ وَجَعَلَ لَكُمُ السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ ۖ قَلِيلًا مَّا تَشْكُرُونَ ﴿٢٣﴾

Say it is He Who has created you, and endowed you with hearing (ears), seeing (eyes), and hearts. Little thanks you give.

Recite the above verse of ***Chapter No. 67 (Surah) Mulk verse no. 23***for 7 times placing a finger on the painful tooth or grind & press the tooth little.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 74]

For tooth ache: -

وَلَهُ مَا سَكَنَ فِي اللَّيْلِ وَالنَّهَارِ ۚ وَهُوَ السَّمِيعُ الْعَلِيمُ ﴿١٣﴾

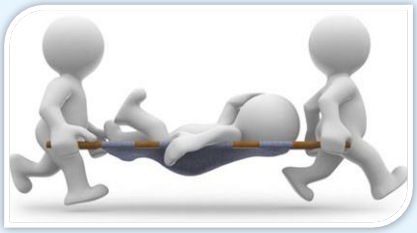
And to Him belongs whatsoever exists in the night and the day, and He is the All-Hearing, the All-Knowing.

Recite full Chapter No. 1 Surah Faatehathen recite the above verse of ***Chapter No. 6 (Surah) An'am verse no. 13***for 7 times & blow on the right hand & rub gently on the affected area.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 82]

Please read the following lessons of part-1 of this book so that you learn better about them, Lesson no. 17 Wet cupping (Hijamah); lesson no. 4 to 7 Ruqyah (a spiritual healing) &etc., lesson no. 26 Health benefits of Ablution (Wazoo) & Salah (Namaz) (Islamic Prayer) in part-1.

Lesson no. 121 Critical illness: -



INTRODUCTION

Critical illness is a life-threatening condition, which is generally strictly defined.

When some is critically ill that there is no hopes for his recovery than the patient should recite: -

In Hadees it is mentioned that no matter how serious the patient is, one should not pray for death, but can recite this Dua: -

Narrated by Anas Bin Malik that Nabi said "None of you should wish for death because of a calamity befalling him; but if he has to wish for death, he should say:

اَللّٰهُمَّ أَحْيِنِيْ مَا كَانَتِ الْحَيَاةُ خَيْرًا لِّيْ، وَتَوَفَّنِيْ إِذَا كَانَتِ الْوَفَاةُ خَيْرًا لِّيْ،

O Allahﷻ! Keep me alive as long as life is better for me, and let me die if death is better for me.'

[Bukhari: 5671; Book. 75; English vol. 7; Book. 70; Hadees. 575]

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

Quranic verse for critical disease: -

فَدَعَا رَبَّهٗٓ اَنِّيْ مَغْلُوْبٌ فَانْتَصِرْ ۝١٠

Then he invoked his Lord (saying): "I have been overcome, so help (me)!"

Recite the above verse of ***Chapter No. 54 Surah Qamar verse no. 10***for 41 times every day after the prayer of Dawn (Fajar) & Magrib Prayer).*(http://www.alquranclasses.com/supplication)*

When Medicines are ineffective: -

فَدَعَا رَبَّهٗٓ اَنِّيْ مَغْلُوْبٌ فَانْتَصِرْ ۝١٠

Then he invoked his Lord (saying): "I have been overcome, so help (me)!"

Recite the above verse of ***Chapter No. 54 Surah Qamar verse no. 10***for 313 times for 21 days & blow towards the sky & water & drink.

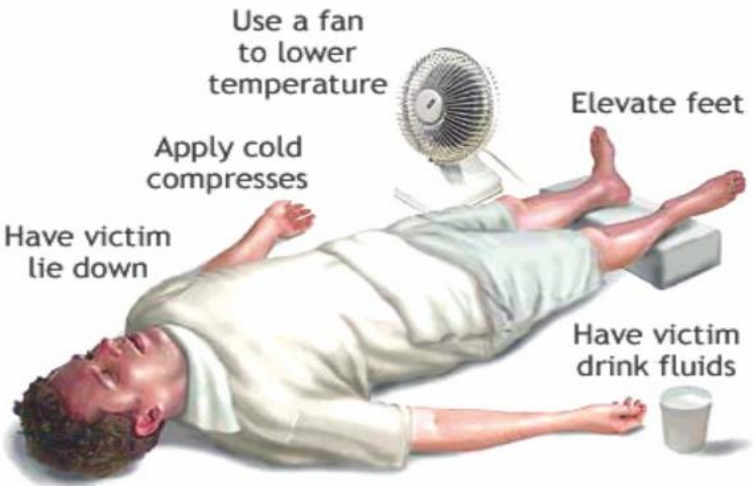
[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 44]

Difficult diseases or when cure becomes difficult: -

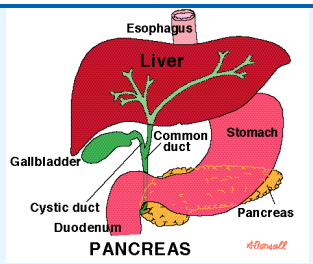
وَاَيُّوْبَ اِذْ نَادٰى رَبَّهٗٓ اَنِّيْ مَسَّنِيَ الضُّرُّ وَاَنْتَ اَرْحَمُ الرّٰحِمِيْنَ ۝٨٣

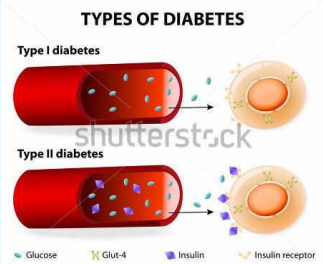
Recite the above verse of ***Chapter No. 21 (Surah) Ambiya verse no. 83*** frequently again &again. (http://www.alquranclasses.com/supplication....) &*[Cures from the Quran a pocket Book by Muhammad Elahi page. 119].*

First aid for critical ill: -



Lesson no. 122 Diabetes: -





INTRODUCTION

Diabetes is a disease that affects your body's ability to produce or use insulin. Insulin is a hormone. When your body turns the food you eat into energy (also called sugar or glucose), insulin is released to help transport this energy to the cells. Insulin acts as a "key." Its chemical message tells the cell to open & receive glucose. If you produce little or no insulin, or are insulin resistant, too much sugar remains in your blood. Blood glucose levels are higher than normal for individuals with diabetes. There are two main types of diabetes: Type 1 & Type 2.

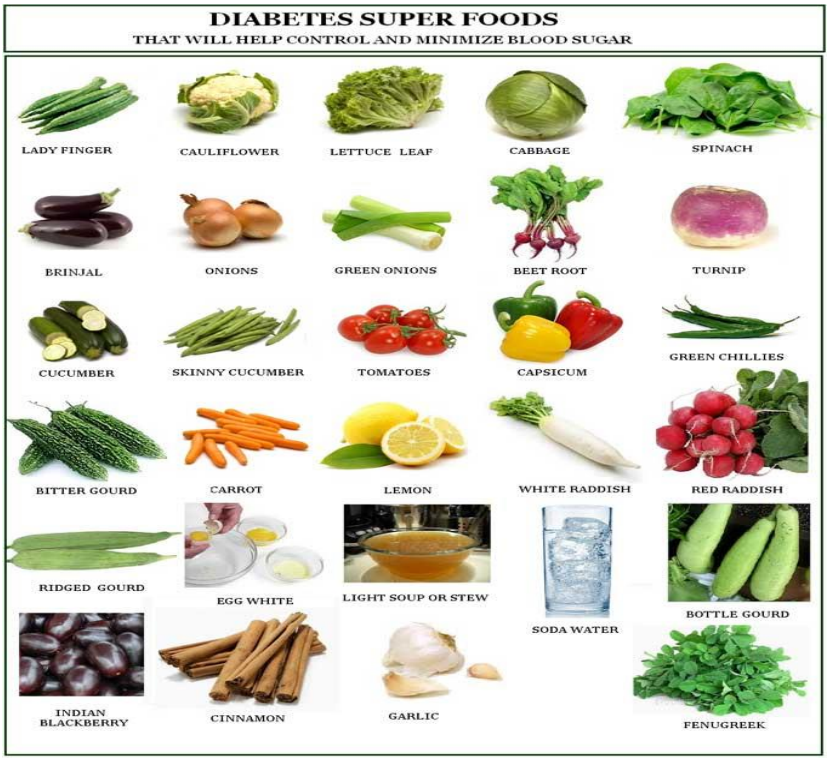
Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

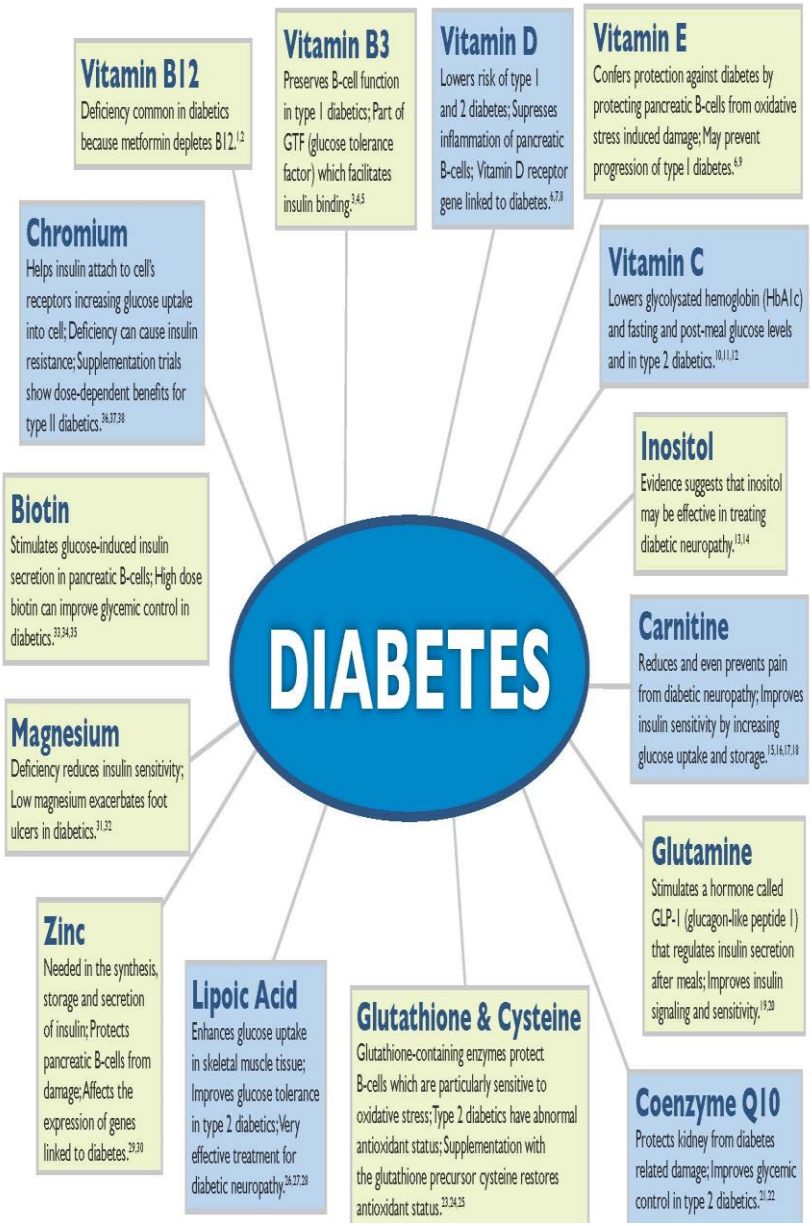
Quranic verse for diabetes: -

رَّبِّ اَدۡخِلۡنِیۡ مُدۡخَلَ صِدۡقٍ وَّاَخۡرِجۡنِیۡ مُخۡرَجَ صِدۡقٍ وَّاجۡعَلۡ لِّیۡ مِنۡ لَّدُنۡكَ سُلۡطٰنًا نَّصِیۡرًا ﴿۸۰﴾

My Lord, cause me to enter a sound entrance & to exit a sound exit & grant me from Yourself a supporting authority.
Recite the above verse of ***Chapter No. 17 (Surah) Bani-Israel verse no. 80*** for 41 times every day after the Fajar & Isha Salah & blow on water & drink it.*[Cures from the Quran a pocket Book by idara page: 11]*
Many scholars & Aaleems has seen in their dreams, that they complaint about their diabetes (in their dreams) to Nabi ﷺ & He ﷺ advised to put Rose water (2 to 3 spoon) in 1 glass of water & drink it early morning empty stomach, the scholars say that they started the rose water as mentioned & their diabetes got cured fully.

Insulin	STARTS TO WORK IN (hours)	Peak Action (hours)	Duration of Action (hours)	MAXIMUM Duration (hours)
Rapid-Acting				
Lispro (Humalog)	15 TO 30 MINUTES	1 to 2 HOURS	3 to 6 HOURS	4 to 6 HOURS
Aspart (Novolog)	15 TO 30 MINUTES	1 to 2 HOURS	3 to 6 HOURS	4 to 6 HOURS
Glulisine (Apidra)	15 TO 30 MINUTES	1 to 2 HOURS	3 to 6 HOURS	4 to 6 HOURS
Short-Acting				
Regular	30 MINUTES TO 1 HOUR	2 to 4 HOURS	3 to 6 HOURS	6 to 8 HOURS
Intermediate-Acting				
NPH	2 to 4 HOURS	8 to 10 HOURS	10 to 18 HOURS	14 to 20 HOURS
Long-Acting				
Glargine (Lantus)	1 to 2 HOURS	None	19 to 24 HOURS	24 HOURS
Detemir (Levemir)	1 to 2 HOURS	None	19 to 20 HOURS	20 HOURS


DIABETES SUPER FOODS
THAT WILL HELP CONTROL AND MINIMIZE BLOOD SUGAR
LADY FINGER
CAULIFLOWER
LETTUCE LEAF
CABBAGE
SPINACH
BRINJAL
ONIONS
GREEN ONIONS
BEET ROOT
TURNIP
CUCUMBER
SKINNY CUCUMBER
TOMATOES
CAPSICUM
GREEN CHILLIES
BITTER GOURD
CARROT
LEMON
WHITE RADDISH
RED RADDISH
RIDGED GOURD
EGG WHITE
LIGHT SOUP OR STEW
SODA WATER
BOTTLE GOURD
INDIAN BLACKBERRY
CINNAMON
GARLIC
FENUGREEK


DIABETES
Vitamin B12
Deficiency common in diabetics because metformin depletes B12.[1,2]
Vitamin B3
Preserves B-cell function in type 1 diabetics; Part of GTF (glucose tolerance factor) which facilitates insulin binding.[3,4,5]
Vitamin D
Lowers risk of type 1 and 2 diabetes; Supresses inflammation of pancreatic B-cells; Vitamin D receptor gene linked to diabetes.[6,7,8]
Vitamin E
Confers protection against diabetes by protecting pancreatic B-cells from oxidative stress induced damage; May prevent progression of type 1 diabetes.[8,9]
Chromium
Helps insulin attach to cell's receptors increasing glucose uptake into cell; Deficiency can cause insulin resistance; Supplementation trials show dose-dependent benefits for type II diabetics.[36,37,38]
Vitamin C
Lowers glycolysated hemoglobin (HbA1c) and fasting and post-meal glucose levels and in type 2 diabetics.[10,11,12]
Inositol
Evidence suggests that inositol may be effective in treating diabetic neuropathy.[13,14]
Biotin
Stimulates glucose-induced insulin secretion in pancreatic B-cells; High dose biotin can improve glycemic control in diabetics.[33,34,35]
Carnitine
Reduces and even prevents pain from diabetic neuropathy; Improves insulin sensitivity by increasing glucose uptake and storage.[15,16,17,18]
Magnesium
Deficiency reduces insulin sensitivity; Low magnesium exacerbates foot ulcers in diabetics.[31,32]
Glutamine
Stimulates a hormone called GLP-1 (glucagon-like peptide 1) that regulates insulin secretion after meals; Improves insulin signaling and sensitivity.[19,20]
Zinc
Needed in the synthesis, storage and secretion of insulin; Protects pancreatic B-cells from damage; Affects the expression of genes linked to diabetes.[29,30]
Lipoic Acid
Enhances glucose uptake in skeletal muscle tissue; Improves glucose tolerance in type 2 diabetics; Very effective treatment for diabetic neuropathy.[26,27,28]
Glutathione & Cysteine
Glutathione-containing enzymes protect B-cells which are particularly sensitive to oxidative stress; Type 2 diabetics have abnormal antioxidant status; Supplementation with the glutathione precursor cysteine restores antioxidant status.[23,24,25]
Coenzyme Q10
Protects kidney from diabetes related damage; Improves glycemic control in type 2 diabetics.[21,22]

Lesson no. 123 Nourishment: -

INTRODUCTION

The food necessary for growth, health & good condition, tubers from which plants obtain nourishment. The action of nourishing someone or something is called as nourishment

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

Quranic verse for nourishment: -

رَبَّنَآ اَنۡزِلۡ عَلَيۡنَا مَآئِدَةً مِّنَ السَّمَآءِ تَكُوۡنُ لَنَا عِيۡدًا لِّاَوَّلِنَا وَاٰخِرِنَا وَاٰيَةً مِّنۡكَ ۚ وَارۡزُقۡنَا وَاَنۡتَ خَيۡرُ الرّٰزِقِيۡنَ ﴿۱۱۴﴾

"O Allah ﷻ, our Lord, send down to us a table [spread with food] from the heaven to be for us a festival for the first of us and the last of us and a sign from You. And provide for us, and You are the best of providers."

Recite the above verse of ***Chapter No. 5 (Surah) Maidah verse no. 114***for 21 times every day after the prayer of Fajar & Isha).

Quranic verse to restoration of health: -

فَاَقِمۡ وَجۡهَكَ لِلدِّيۡنِ حَنِيۡفًا ؕ فِطۡرَتَ اللّٰهِ الَّتِىۡ فَطَرَ النَّاسَ عَلَيۡهَا ؕ لَا تَبۡدِيۡلَ لِخَلۡقِ اللّٰهِ ؕ ذٰلِكَ الدِّيۡنُ الۡقَيِّمُ ۙ وَلٰـكِنَّ اَكۡثَرَ النَّاسِ لَا يَعۡلَمُوۡنَ ۙ﴿۳۰﴾

So direct your face toward the religion, inclining to truth. [Adhere to] the fitrah of Allahﷻ upon which He has created [all] people. No change should there be in the creation of Allahﷻ. That is the correct religion, but most of the people do not know.

Recite the above ***Chapter No. 30 (Surah) Al Room verse no. 30*** for 21 times every day after Fajr &Asr prayer.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 121]

Lesson no. 124 Verses of healing (آيات الشفاء) for Incurable diseases: -

Treatment plans during illness & Inshaallah all diseases will be curable.

Important verse of Quran regarding medical: -

Chapter No. 26 (Surah) Shu'araa verse no. 80: -

وَاِذَا مَرِضۡتُ فَهُوَ يَشۡفِيۡنِ ۙ﴿۸۰﴾

And when I am ill, it is God (Allahﷻ) who cures me.

Chapter No. 17 (Surah) Al-Israa verse no. 82: -

وَنُنَزِّلُ مِنَ الۡقُرۡاٰنِ مَا هُوَ شِفَآءٌ وَّرَحۡمَةٌ لِّلۡمُؤۡمِنِيۡنَ

And We send down of the Quran that which is a healing and a mercy to those who believe…

Chapter No. 6 (Surah) Al-Anaam verse no. 17: -

وَاِنۡ يَّمۡسَسۡكَ اللّٰهُ بِضُرٍّ فَلَا كَاشِفَ لَهٗۤ اِلَّا هُوَ ؕ وَاِنۡ يَّمۡسَسۡكَ بِخَيۡرٍ فَهُوَ عَلٰى كُلِّ شَىۡءٍ قَدِيۡرٌ ﴿۱۷﴾

And if Allahﷻ touches you with harm, none can remove it but He, and if He touches you with good, then He is Able to do all things"

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

Verses of Healing: "Ayat Al-Shifa.

1. Read (*Ya Salaamu* 125,000 times) to cure incurable diseases like Cancer or any other sickness.
2. Reading *Chapter 36 Surah Yaseen*& blowing on water is said to cure 1000 sicknesses & drinking this water.
3. Reading *Chapter 1 Surah Faateha*for 41 times, for 40 days (between the 2 Sunnah & Farz of Fajr Salah, meaning one should offer 2 Sunnah of Fajr, then recite *Surah Faateha*41 times & offer 2 Farz of Fajr Salah) it is necessary to omit the breath pause in 1st 2 lines by joining the meem to *Al-Alhamdulillah* meaning one recite like this; when you read *Bismillah ir-Rahman ir-Rahim* at the point of rahim join with to Al-Alhamdulillahi rabbil in one breath, so you recite: *Bismillah ir-Rahman ir-Rahimil–hamdulillahi rabbil*… till the end. This can should be recited 41 times & then blown into water to read each of the days add to same bottle of water.

This is called Shifa (Healing) water or Barkat (blessing) water, when one or many people read *Chapter 36 Surah Yaseen*over water.

For incurable diseases or any disorder recite: -

Recite Dua mentioned in lesson no. 5&6 in part-1.

Recite Quranic verses mentioned in lesson no. 8 in part-1.

Rules to be followed after recitation: -

Recite above both many times a day little loudly in front of the patient so that your voice should be audible to the patient.

Blow little air with mild saliva showered& spread on the patient and in water also.

Make the patient to drink this water again& again & flow this water on the body or affected part of the patient's body.

Also you can keep your right palm on the affected part of the patient& recite.

First recite 11 time any Durood (Shareef) then the above verses & dua from above mentioned lessons & finally again recite Durood (Shareef) 11 times & blow on water &should be drink regularly.

One can write the verse on a leave of (Sidr) Jujube, banana or any other medicinal leave with saffron or any eatable thing like oil, honey, etc.& wash the leave in Zamzam water or rain water & make the patient to drink this water.

Also one can write some of the verse on a fruit which the patient is allowed to eat & make the patient to eat it.

One can write Names of Allah ﷻ on eatables and make the patient to eat.

One can write the below given Aayat-e-Shifa also.

One can pour Wazoo water or Zamzam water on the patient.

The patient can himself recite & if he/she is unable to recite than the attendant can recite for him/her.

Once you blow on your palm (air & little saliva) you should first spread the palm on the affectedpartof the body followed by whole body.

One can blow on olive, black caraway (Kalonji) oil or any other oil and massage the body with it & may use it putting in nose and prepare food from it.

You can write Allahﷻ's Names or above verses by the advice of an Aaleem on a chapatti/bread with honey & eat. (means which verse & which name of Allah ﷻ can be written take adviceof an Aaleem)

Aayat-e-Shifa: -

[Cures from the Quran a pocket Book by Muhammad Elahi page no. 123]

Chapter No. 9 (Surah) Tawbah verse no. 14: -

وَيَشْفِ صُدُورَ قَوْمٍ مُّؤْمِنِينَ ﴿١٤﴾

and heal the breasts of a believing people

Chapter No. 10 (Surah) Yunus verse no. 57: -

يَٰٓأَيُّهَا ٱلنَّاسُ قَدْ جَآءَتْكُم مَّوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَآءٌ لِّمَا فِى ٱلصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ﴿٥٧﴾

mankind! There has come to you a good advice from your Lord (i.e. the Quran, ordering all that is good and forbidding all that is evil), and a healing for that (disease of ignorance, doubt, hypocrisy and differences, etc.) in your breasts, - a guidance and a mercy (explaining lawful and unlawful things, etc.) for the believers.

Chapter No. 18 (Surah) Kahf verse no. 59: -

وَتِلْكَ ٱلْقُرَىٰٓ أَهْلَكْنَٰهُمْ لَمَّا ظَلَمُوا۟ وَجَعَلْنَا لِمَهْلِكِهِم مَّوْعِدًا ﴿٥٩﴾

And these towns (population, 'Ad, Thamud, etc.) We destroyed when they did wrong. And We appointed a fixed time for their destruction.

Chapter No. 17 (Surah) Bani Israel verse no. 82: -

وَنُنَزِّلُ مِنَ ٱلْقُرْءَانِ مَا هُوَ شِفَآءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ ٱلظَّٰلِمِينَ إِلَّا خَسَارًا ﴿٨٢﴾

And We send down of the Qur'an that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss.

Chapter No. 26 (Surah) Shua'raa verse no. 80: -

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ ﴿٨٠﴾

And when I am ill, it is He who cures me

Chapter No. 41 (Surah) Fussilat (Ha-Mim) verse. 44: -

وَلَوْ جَعَلْنَٰهُ قُرْءَانًا أَعْجَمِيًّا لَّقَالُوا۟ لَوْلَا فُصِّلَتْ ءَايَٰتُهُۥٓ ءَا۬عْجَمِىٌّ وَعَرَبِىٌّ قُلْ هُوَ لِلَّذِينَ ءَامَنُوا۟ هُدًى وَشِفَآءٌ وَٱلَّذِينَ لَا يُؤْمِنُونَ فِىٓ ءَاذَانِهِمْ وَقْرٌ وَهُوَ عَلَيْهِمْ عَمًى أُو۟لَٰٓئِكَ يُنَادَوْنَ مِن مَّكَانٍۭ بَعِيدٍ ﴿٤٤﴾

And if We had made it a non-Arabic Qur'an, they would have said, "Why are its verses not explained in detail [in our language]? Is it a foreign [recitation] and an Arab [messenger]?" Say, "It is, for those who believe, a guidance and cure." And those who do not believe - in their ears is deafness, and it is upon them blindness. Those are being called from a distant place.

.....This lesson has 23 Hadees & 5 Quranic references.....

d) Principles of treatment :-

The treatment of infectious diseases consists of two steps. They are to reduce the effects of the disease (symptoms) and to kill the microbes which caused the disease.

i) To reduce the effects of the disease :-

This can be done by taking medicines to bring down the effects of the disease like fever, pain or loose motions etc. and by taking bed rest to conserve our energy.

ii) To kill the microbes :-

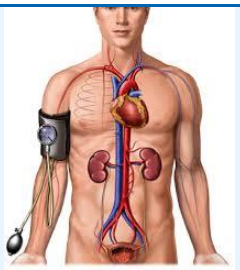
This can be done by taking suitable antibiotics and drugs which kills the microbes and the disease is cured.

UNIVERSITY OF PENNSYLVANIA
HEALTH SYSTEM

Principles of Treatment of Tuberculosis

- Always treat with more than one drug
- Six month regimens are effective for susceptible isolates
- Consider treating all patients with Directly Observed Therapy
- Extrapulmonary disease is treated like pulmonary disease
- Children are treated like adults with dose adjustments for weight
- Pediatric exceptions: miliary, bone/joint, meningitis
- Add two new drugs to a failing regimen

Lesson no. 125 Blood Pressure: -



INTRODUCTION

Blood pressure is the measure of the force of blood pushing against blood vessel walls. The heart pumps blood into the arteries (blood vessels), which carry the blood throughout the body. High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood out to the body & contributes to hardening of the arteries, or atherosclerosis, to stroke, kidney disease & to the development of heart failure.

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

For high pressure: -

وَالْكٰظِمِيْنَ الْغَيْظَ وَالْعَافِيْنَ عَنِ النَّاسِ ؕ وَاللّٰهُ يُحِبُّ الْمُحْسِنِيْنَ ۚ﴿۱۳۴﴾

And who restrain anger and who pardon the people - and Allahﷻ loves the doers of good;

Recite the above verse of ***Chapter No 3 (Surah) Aal-Imraan verse no. 134*** for 101 times every day.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page: 11]

Lesson no. 126 Possessed (Aaseeb): -

INTRODUCTION

A person completely controlled by an evil spirit is called as possessed.

The detail given below is according to Ulama & Islamic Scholars & not from Hadees.

وَلَقَدْ فَتَنَّا سُلَيْمٰنَ وَاَلْقَيْنَا عَلٰى كُرْسِيِّهٖ جَسَدًا ثُمَّ اَنَابَ ﴿٣٤﴾

And, indeed We did try Sulaiman (Solomon) and We placed on his throne Jasadan (a devil, so he lost his kingdom for a while) but he did return (to his throne and kingdom by the Grace of Allahﷻ and he did return) to Allahﷻ with obedience and in repentance.

Recite the above verse of ***Chapter No 38 (Surah) Saad verse no. 34***for 7 times in the left ear of possessed person the evil spirit leaves away.*[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 15]*

To remove the Jinn recite: -

Recite Chapter No. 1 (Surah) Faateha & Aayatul Qursifor Jinn problems: -

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ ﴿١﴾ الرَّحْمٰنِ الرَّحِيْمِ ﴿٢﴾

مٰلِكِ يَوْمِ الدِّيْنِ ﴿٣﴾ اِيَّاكَ نَعْبُدُ وَاِيَّاكَ نَسْتَعِيْنُ ﴿٤﴾

اِهْدِنَا الصِّرَاطَ الْمُسْتَقِيْمَ ﴿٥﴾ صِرَاطَ الَّذِيْنَ اَنْعَمْتَ

عَلَيْهِمْ ۙ غَيْرِ الْمَغْضُوْبِ عَلَيْهِمْ وَلَا الضَّآلِّيْنَ ﴿٧﴾

اَللّٰهُ لَآ إِلٰهَ إِلَّا هُوَ ٱلْحَيُّ ٱلْقَيُّومُ ۚ لَا تَأْخُذُهُۥ سِنَةٌ وَلَا نَوْمٌ ۚ
لَّهُۥ مَا فِى ٱلسَّمَٰوَٰتِ وَمَا فِى ٱلْأَرْضِ ۗ مَن ذَا ٱلَّذِى يَشْفَعُ عِندَهُۥٓ إِلَّا بِإِذْنِهِۦ ۚ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ۖ وَلَا يُحِيطُونَ
بِشَىْءٍ مِّنْ عِلْمِهِۦٓ إِلَّا بِمَا شَآءَ ۚ وَسِعَ كُرْسِيُّهُ ٱلسَّمَٰوَٰتِ
وَٱلْأَرْضَ ۖ وَلَا يَـُٔودُهُۥ حِفْظُهُمَا ۚ وَهُوَ ٱلْعَلِىُّ ٱلْعَظِيمُ ﴿٢٥٥﴾

Also recite First 5 verses of ***Chapter No. 72 (Surah) Jinn verse 1 to 5: -***

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

قُلْ اُوْحِيَ اِلَيَّ اَنَّهُ اسْتَمَعَ نَفَرٌ مِّنَ الْجِنِّ فَقَالُوْٓا اِنَّا سَمِعْنَا قُرْاٰنًا عَجَبًا ﴿١﴾ يَّهْدِيْٓ اِلَى الرُّشْدِ فَاٰمَنَّا بِهٖ ۭ وَلَنْ نُّشْرِكَ
بِرَبِّنَآ اَحَدًا ﴿٢﴾ وَّاَنَّهٗ تَعٰلٰى جَدُّ رَبِّنَا مَا اتَّخَذَ صَاحِبَةً وَّلَا وَلَدًا ﴿٣﴾ وَّاَنَّهٗ كَانَ يَقُوْلُ سَفِيْهُنَا عَلَى اللّٰهِ شَطَطًا ﴿٤﴾ وَّاَنَّا
ظَنَنَّآ اَنْ لَّنْ تَقُوْلَ الْاِنْسُ وَالْجِنُّ عَلَى اللّٰهِ كَذِبًا ﴿٥﴾

Say, [O Muhammad], "It has been revealed to me that a group of the jinn listened and said, 'Indeed, we have heard an amazing Qur'an. It guides to the right course, and we have believed in it. And we will never associate with our Lord anyone. And [it teaches] that exalted is the nobleness of our Lord; He has not taken a wife or a son. And that our foolish one has been saying about Allahﷻ an excessive transgression. And we had thought that mankind and the jinn would never speak about Allahﷻ a lie.

If the Jinn haunt a house or a person or there is doubt of it, then recite ***Full Chapter No. 1 (Surah) Faateha, Aayatul Kursi&first 5 verses of Chapter No. 72 (Surah) Jinn,*** then blow on water & sprinkle the water on the affected person.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 16]

For the treatment of

DIABETES

Surah Al-Isra`

Verse 80

شوگر کا علاج

بِسۡمِ اللّٰہِ الرَّحۡمٰنِ الرَّحِیۡمِ ؕ

رَّبِّ اَدۡخِلۡنِیۡ مُدۡخَلَ صِدۡقٍ وَّاَخۡرِجۡنِیۡ مُخۡرَجَ

صِدۡقٍ وَّاجۡعَلۡ لِّیۡ مِنۡ لَّدُنۡکَ سُلۡطٰنًا نَّصِیۡرًا ؕ

Rabbi adkhilnee mudkhala sidqin wa akhrijnee mukhraja sidqin waj al lee min ladunka sultaanan naseera

" My Lord ! cause me to enter (upon whatever I may do) in a manner true and sincere and cause me to leave (it) in a manner true & sincere, and grant me, out of Thy grace, sustaining strength "

REMOVING SPOTS FROM FACE

Take a rose and recite the following 7 times on the flower and also blow on water and then dip this flower into the water and massage the face:

الحَمْدُلِلّٰهِ باقِيٌ شافِيٌ بِفَضْلِ اللهِ إرْحَم عَلَيَّ يا الله

Alhamdulillahi Baaqiyun Shaafiyun bi fadlillah irham 'alayya ya Allah

Praise be to Allah, The Ever Lasting, The Healer,
by the Grace of Allah, have mercy upon me O Allah

This should be continued for 11 days. A great change will insha Allah ta'ala be felt on the face. The spots will be gone by the blessing of these words.

DESIRING SUCCESS IN EXAMS / INTERVIEW

If one is desirous for success in an examination or interview or any kind of difficult position, one should recite the following 99 times:

يا رَبَّ الْعالَمِين إنّي أَسْأَلُكَ خَيْرَ هَذا الْيَوم وَ نَصْرِكَ وَ نُورِكَ وَ بَرَكَتِكَ

Ya Rabbal 'alameen inni as`aluka khayra hadhal yaum wa nasrika wa noorika wa barakatika

O Lord of the worlds, verily I ask you for good on this day and your help and your light and your blessing

Insha Allah ta'ala a special baraka (blessing) and help will come from Allah subhanahu wa ta'ala.

Please send your feedback about the book on my email: -

doctor.shakeelshamsi@gmail.com

End of part-3.